



## Why Do I Feel So Depressed? 1 Kings 19:1-18

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Do you ever battle with feelings of depression? If so, you're not alone. Being a person of faith doesn't make us immune to it.

According to the WHO, depression is the leading cause of disability in the world, with 264 million people of all ages being affected by it. Studies say that 1 in 4 women and 1 out of 10 men will be diagnosed with clinical depression at some point in their lives.

In our text, Elijah the Prophet went from a great spiritual victory to feelings of personal defeat and severe depression.

### Main Thought...

➔ God \_\_\_\_\_ near to us when we are \_\_\_\_\_.

#### 1. There are \_\_\_\_\_ that lead to depression (v. 1-10).

- \_\_\_\_\_ can overtake us (v. 1-3).
- \_\_\_\_\_ can overpower us (v. 4).
- \_\_\_\_\_ can overcome us (v. 5-8).
- \_\_\_\_\_ can overwhelm us (v. 9-10).

Ps. 61:1-2; Isa. 40:29-31; Mt. 11:28-30

#### 2. Our \_\_\_\_\_ will get us through depression (v. 4-18).

- Respond with honest \_\_\_\_\_ (v. 4-7).
- Retreat to a place of \_\_\_\_\_ (v. 8-13).
- Refocus on your \_\_\_\_\_ (v. 14-17).
- Regain a fresh \_\_\_\_\_ (v. 18).

Ps. 42:11; Jer. 20:14; Lam. 3:22-23; Jn. 12:27-28

### Final Thoughts...

➔ Are you \_\_\_\_\_ by feelings of depression?

➔ Will you \_\_\_\_\_ in God to get you through?