



the lake church

January 21, 2024

How to Positively Handle the Negativity - #3



“The majority of Americans suffer from a serious, clinical depression at some point in their lives. Most of these people never get help... they just fight this battle on their own.”

Christian Psychiatrists, Frank Minrith and Paul Meier

Three Biblical Figures who ALL experienced depression:

- A. Moses – Numbers 11:15
- B. Elijah – 1 King 19:4
- C. Jonah – Jonah 4:3

I. THE PROBLEMS THEY FACED

A. THEY WERE PHYSICALLY WORN OUT

- 1. Moses – Num 11:11-14
- 2. Elijah – 1 Kings 19:3-5
- 3. Jonah – Jonah 3:1-10

B. THEY WERE EMOTIONALLY DRAINED

1. Moses – People Problem – Numbers 11:11
2. Elijah – Pity-Party – 1 Kings 18/1 Kings 19:1-4
3. Jonah – Pouting-Problem – Jonah 4:1-4

C. THEY WERE SPIRITUALLY RUN DOWN.

1. Moses was spiritually run down
Deuteronomy 25:17-18
2. Elijah was spiritually run down
1 Kings 18, 19
3. Jonah was spiritually run down

II. THE PROVISION THEY FOUND

A. God's PHYSICAL Provision

1. Moses
Numbers 11:16-17; Philippians 4:13; Exodus 18:13
2. Elijah
1 Kings 19:5-8; 1 Kings 19:9; Psalm 127:2; Mark 6:31
3. Jonah
Jonah 4:4-6

B. God's PSYCHOLOGICAL Provision.

1. God gave Moses a PROMISE
2. God gave Elijah a POWER – 1 Kings 19:9-13
3. God gave Jonah a PERSPECTIVE – Jonah 4:9-10

C. God's SPIRITUAL provision

Love! 2 Timothy 2:13; Hebrews 4:15; Hebrews 13:5

STEPS OF APPLICATION

1. Physically Recharge
2. Spiritually Refresh – Isaiah 40:31
3. Socially Re-Engage – 1 Kings 19:15-16