



At Cascades, one of our main goals is to help you grow in your faith. Feel free to jot down notes during today's message, then during the week look over your notes again, allowing God's truths to encourage you!

FOUND BY GOD

Jan 27, 2019

Part 4: A Depressed Prophet (1 Kings 19)

Three Typical Responses to Depression:

It is _____

It is _____

It is _____

Lessons from 1 Kings 19

Depression is often ignited by bad _____, but it is fueled by bad _____.

Sometimes the most holy thing you can do is _____.

We often miss powerful _____ because we are listening for His thunder when we should also listen for _____.

Depression is difficult to overcome because it is based on _____

How to help those who are depressed

1. Don't try to help them get over it
2. Deal with the _____ before tackling the _____
3. Just _____
4. Don't correct every _____ they make
5. Remember that truth is power, but power can destroy if mishandled.



Did you know the great preacher C.H. Spurgeon suffered from severe depression throughout most of his ministry? People have speculated for years as to what caused his depression, but Spurgeon spoke about it at length and recognized it most likely came from multiple sources. He once admitted that his "fainting fits" (a 19th century term for depression) was caused in part by his natural constitution (something we today understand to be a chemical imbalance).

But he also understood it came from other sources. Spurgeon faced much criticism, being regularly criticized by both the secular media and religious establishment. He faced numerous unfounded accusations. He also suffered painful ailments such as gout. But the most traumatic event of Spurgeon's life occurred when he was in his early years of ministry. While his church was packed on a Sunday morning, a critic of his ministry interrupted the service by shouting "Fire!" In the panic to get out, 7 people were trampled to death. That event haunted him for the rest of his life, and he never really recovered from it. His wife later said "My beloved's anguish was so deep we sometimes feared he would never preach again." He even contemplated suicide, saying "If my soul had its way I would strangle myself to death rather than endure life."