

~Lost in Depression~

1 Kings 19

Someone said, "Depression is anger turned inward."

Others describe it this way, "Depression is a feeling of helplessness and hopelessness that leads to sadness."

Depression is no respecter of persons: Winston Churchill, Abraham Lincoln, Charles Spurgeon.

Great Bible characters like Moses, David, Jeremiah, John the Baptist, and even Jesus, suffered for periods of depression.

Today we are going to talk about Elijah's depression.

The Sources of Depression

- Forgetfulness
- Fear
- Fatigue
- Failure

The Symptoms of Depression

- Detachment
- Despondency
- Defeat
- Deception
- Defensiveness

The Solutions to Depression

- Physical
 - Sleep, nourishment, exercise, sunlight
- Personal
 - Root issue, God is in control
- Practical
 - Seek to serve, find a friend

Application:

Depression may be caused by a chemical issue—seek a doctor.

Have you ever suffered from depression? If you have walked through that time, then share what it was like and how you overcame the depression.

Depression may be because of emotional issues. We have talked about those today. Discuss the sources, symptoms and solutions. Talk now, especially about the practical ways to walk out of depression brought on by physical and emotional issues.