

MEETING GOD IN DEPRESSION

I Kings 19:1-18

6/6/10

Symptoms of depression:

1. Weight loss or weight gain
2. Loss of sleep and energy
3. Lose interest in most or all pleasurable activities
4. Reduced ability to concentrate
5. Overcome with feelings of hopelessness or uselessness

5 Factors of depression:

1. After a time of intense ministry output.
2. After a relational conflict.
3. After physical exhaustion.
4. After a major victory.
5. After a huge disappointment.

How to get depressed in three easy steps:

1. Get by yourself! (Galatians 6:2)
2. Focus on the negative!
3. Forget God's provision!

Choose the cure to depression:

1. Let God confront you!
2. Receive God's provision!
3. Do what God says immediately!
4. Get involved with people!
5. Focus on other people's worries! (Philippians 2:4)