



## Sermon Notes: Sunday, August 30, 2015

**Series:** Elijah

**Message:**  
Depression

**Scripture:** 1 Kings 19:1-16  
(Pew Bible Page #348)

Even Elijah, this great man of God, experienced sadness and depression. Have you ever been down? Have you ever been depressed? There is hope.

### How to Get Depressed In 4 Easy Steps

1 Kings 19:3b-5a

1. **Wear Yourself \_\_\_\_\_.**
2. **Shut \_\_\_\_\_ Out.**
3. **Focus On The \_\_\_\_\_.**
4. **Forget \_\_\_\_\_.**

### God's Prescription for Our Depression

1. **God Says to \_\_\_\_\_ and \_\_\_\_\_ (19:5b-8).**
2. **God Replaces Our \_\_\_\_\_ with His \_\_\_\_\_ (19:9-10).**
3. **God \_\_\_\_\_ In a Still, Small Voice (19:11-12).**
4. **God Gives Us Something to \_\_\_\_\_ (19:15-16).**

Perhaps you've seen yourself in Elijah's journey through depression. Give *your* journey over to God and believe that there is hope despite how you feel.