

Overcoming Depression

“Why, my soul, are you downcast? Why so disturbed within me?” **Psalm 42:5 NIV**

How to Get Depressed:

1. Live in exhaustion and isolation.

Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. **1 Kings 19:3-4 NIV**

2. Focus on the negative, overlooking God's many blessings.

“Elijah was afraid and ran for his life.” **1 Kings 19:3 NIV**

“I have had enough, Lord...” **1 Kings 19:4 NIV**

“Forget not all his benefits.” **Psalm 103:2 NIV**

3. Compare yourself to others.

“I am no better than my ancestors.” **1 Kings 19:4 NIV**

4. Let your emotions drive your decision making.

“Take my life; I am no better...”. **1 Kings 19:4 NIV**

How to Get Un-Depressed:

1. Focus on your health. (eat, sleep, repeat).

“Then an angel touched him and said, ‘Get up and eat.’” **1 Kings 19:5 NIV**

“He lay down and slept.” **1 Kings 19:5 NIV**

“There by his head was some bread baked over hot coals, and a jar of water.” **1 Kings 19:6 NIV**

2. Regulate your schedule.

“The angel of the Lord came back a second time...”. **1 Kings 19:7 NIV**

“Morning by morning you awaken me.” **Psalm 143:8 NIV**

“For the journey is too much for you.” **1 Kings 19:7 NIV**

Whatever is true...think about these things... **Philippians 4:8 NIV**

“His mercies never come to an end; they are new every morning. **Lamentations 3:23 ESV**

3. (Re) discover your purpose.

Strengthened by that food, he traveled forty days..until he reached Horeb, the mountain of God. **1 Kings 19:8 NIV**

And we know that God causes all things to work together for good to those who love God, to those who are called according to *His* purpose. **Romans 8:28 NAS**

The LORD will fulfill his purpose for me. **Psalm 138:8 NIV**

4. (Re) Connect with God's people.

“God sets the lonely in families.” Psalm 68:6 NIV

So Elijah went from there and found Elisha.. **1 Kings 19:19 NIV**

Message Note: The Holy Bible, New International Version, New American Standard. Soul Leadership, by Steve Robinson. Out of the Cave: Stepping into the Light When Depression Darkens What You See, by Chris Hodges. Five Keys to Dealing with Depression, by Gregory L Jantz, Ph.D.