

# **When You are Depressed!**

## **I Kings**

**Pastor Bobby Garvin**

### **Characterestics of Depression**

**Thought # 1: Your problems appear to be \_\_\_\_\_ than God (Vs. 1-4).**

**Thought # 2: You see yourself as the \_\_\_\_\_ one with problems (Vs. 10, 18).**

**Thought # 3: You lose hope for the \_\_\_\_\_ (I Kings 19:4).**

### **Steps out of Depression**

**Step # 1: Put your \_\_\_\_\_ in God (Psalm 42:5; James 4:8; Psalm 28:1; Hebrews 4:16).**

**Step # 2: \_\_\_\_\_ in the dark (Psalm 42:8)**

**Step # 3: \_\_\_\_\_ in the Lord (Philippians 4:4).**

**Step # 4: Reach out and \_\_\_\_\_ other people.**

**Step # 5: Rest and \_\_\_\_\_ (Vs. 5-8).**

**Step # 6: \_\_\_\_\_ with God (Vs. 8-18).**

**Step # 7: Ask God for a close, \_\_\_\_\_ friend (Vs. 19-21).**