

When You are Depressed!

I Kings

Pastor Bobby Garvin

Characterestics of Depression

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

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

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

Steps out of Depression

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

Step # 2: Sing in the dark (Psalm 42:8)

Step # 3: Rejoice in the Lord (Philippians 4:4).

Step # 4: Reach out and help other people.

Step # 5: Rest and Relaxation (Vs. 5-8).

Step # 6: Communicate with God (Vs. 8-18).

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