

## "OVERCOMING DEPRESSION" (More than Conquerors - Seven)

Introduction: The stories in the Bible are true, but they are examples (*I Corinthians 10:11*). Spiritual giants like Elijah, Job, and David suffered from depression!

### I. DEPRESSION CAN BE {EMOTIONAL}

*\*I Kings 19:1-4*

*\*Ecclesiastes 4:9-10*

*\*John 10:10*

*\*Psalm 115:17-18*

*\*I Kings 19:9-10*

*\*I Kings 19:18*

*\*Proverbs 13:12*

*\*II Corinthians 5:7*

1. Elijah wanted to be alone!
2. Elijah wanted to die!

Note: "Suicide is a permanent solution to a temporary problem."

3. Elijah wanted to be pitied.

### II. DEPRESSION CAN BE {PHYSICAL}

*\*I Kings 19:5-8*

*\*James 5:17*

*\*II Corinthians 4:7*

*\*James 1:17*

*\*Mark 6:31-32*

*\*Isaiah 40:29-31*

*\*Exodus 20:9-10*

1. God put Elijah to sleep.
2. God fed him healthy food.

Note: It is biblical to take medication under medical care and prayer.

3. God gave him a vacation.

### III. DEPRESSION CAN BE {SPIRITUAL}

*\*I Kings 19:2-3*

*\*I Kings 19:9-13*

*\*Proverbs 18:14*

*\*I Kings 19:15-16*

*\*Proverbs 29:18a*

*\*I Kings 19:19-21*

*\*Hebrews 10:25*

*\*II Corinthians 1:3-4*

*\*Psalm 40:1-3*

1. Depressed people need a word from God!
2. Depressed people need a vision from God!
3. Depressed people need spiritual companions.

Conclusion: The most severe depression is a combination of these!