

WHEN YOU ARE DEPRESSED

How to Deal with How You Feel – P2

***Read: 1 Kings Chapters 17-19**

“Elijah, a servant of God, said, ‘I have had enough; LORD, take my life!’” 1 Kings 19:4

I. BEWARE OF POTENTIAL PROBLEMS

- *Physical Fatigue* (1 Kings 18:20-40)
- *The “After the High” Lows* (1 Kings 18:36-38)
- *Constant **PROBLEMS***
- *Loneliness* (1 Kings 19:3-32)

II. KEEP A PROPER PERSPECTIVE ON YOUR PAST

Paul said, *“Always give thanks...”* 1 Thessalonians 5:18

Gratitude will affect your Attitude!

What God did for Elijah:

- God fed Elijah during the drought (1 Kings 17:1-7).
- God took care of Elijah during the drought through a widow in Zarephath (1 Kings 17:8-15).
- God protected Elijah’s life.
- God answered Elijahs prayer for fire to come down in Mount Carmel (1 Kings 18:36-39).

III. BE PROACTIVE IN THE PRESENT

- Elijah rested.
- Elijah connected with people.
- Elijah re-connected with God.
- Elijah got back in the game.
- My tank will **FILL** as I do God’s **WILL**.

IV. STAY POSITIVE ABOUT GOD’S PROMISES

“... My grace is sufficient for you, for My power is made perfect in weakness...” 2 Corinthians 12:9 (NIV)

“... the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us...” Romans 8:26 (NIV)

I’d love to hear your stories & feedback: phoebegdial@gmail.com