

## How To Beat The Blues

*"Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. **"I've had enough," he told the Lord. "Take away my life. I've got to die sometime, and it might as well be now..."** Then he came to a cave, where he spent the night. But the LORD said to him, "What are you doing here, Elijah?" Elijah replied, "I have zealously served the LORD God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too." I Kings 19:3-4; 9-10 (NLT)*

### I. Introduction

**8.4% of adults and 3.2% of kids ages 3-17 deal with clinical depression.** - National Institute of Mental Health

**60% of US Adults deal with worry daily.** - Gallop Poll

**Approximately 90-92% of what we worry about most never comes to pass.**

### II. Six Biblical Principles for Blasting Away Your Blues

**1. As a Christian, you must begin to believe that you can experience God's peace\_\_\_\_\_**

*"(Jesus said) **Peace I leave with you; My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.**" John 14:27*

*"And **let (allow) the peace that comes from Christ rule in your hearts.** For as members of one body you are called to live in peace. And always be thankful." Colossians 3:15 (NLT)*

**It's been rightly said that a person cannot be at peace with others without first being at a place of peace within themselves.**

**2. Despite the madness of today's world, choose to\_\_\_\_\_ each day.**

*"This is what the Lord of Heaven's Armies, the God of Israel, says to **all the captives** he has exiled to Babylon from Jerusalem. **Build homes**, and plan to stay. Plant gardens, and eat the food they produce. **Marry and have children**. Then find spouses for them so that you may have many grandchildren. **Multiply! Do not dwindle away!** And **work for the peace and prosperity** of the city where I sent you into exile. **Pray to the Lord for it, for its welfare will determine your welfare.**" For **I know the plans I have for you,**" says the Lord. They are **plans for your good** and not for your disaster--**-plans to give you a future and a hope.**" Jeremiah 29:4; 5; 7; 11 (NLT)*

*"What, then, shall we say in response to these things? **If God is for us, who can be against us?** He who did not spare his own Son, but gave Him up for us all—how will He not also, along with Him, **graciously give us all things?**" Romans 8:31*

**3. Make a practice of pro-actively \_\_\_\_\_ every morning.**

*"...Casting all your cares upon Him, for He cares for you." I Peter 5:7 (NKJV)*

**"Give your burdens over to the Lord. He will carry them. He will not permit the godly to slip or fall."**  
Psalm 55:22 (LB)

**"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."** Philippians 4:6

4. To cope with life's stresses and challenges, you must ask for \_\_\_\_\_ daily.  
"For we do not have a high priest who is unable to empathize with our weaknesses, but **we have One who has been tempted in every way**, just as we are—yet He did not sin. Let us then approach God's **throne of grace** with boldness and confidence, so that we may receive mercy and **find grace to help us in our time of need**." Hebrews 4:15

5. In times of spiritual or emotional conflict, determine to \_\_\_\_\_.  
"**Lean on, trust in, and be confident in the Lord** with all of your heart and mind, and do not rely on your own insight and understanding." Proverbs 3:5 (Amp.)

**"Get good advice and you will succeed; don't go charging into battle without a plan."**  
Proverbs 20:18 (TEV)

"Then David said to the priest, "Bring me the ephod!" So Abiathar brought it. **Then David asked the LORD, "Should I chase after this band of raiders? Will I catch them?" And the LORD told him, "Yes, go after them. You will surely recover everything that was taken from you!"** I Samuel 30:7-8

6. Despite the battles you face, never forget to \_\_\_\_\_ in each season of your journey.  
"**Rejoice in the Lord always. I will say it again: Rejoice!**" Philippians 4:4  
"Then he said to them, "Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our LORD. **Do not sorrow, for the joy of the LORD is your strength**." Nehemiah 8:10 (NKJV)

**"Delight yourself also in the LORD, and He shall give you the desires of your heart."** Psalm 37:4

"We are hard pressed on every side, yet **not crushed**; we are perplexed, but **not in despair**; persecuted, but **never forsaken**; struck down, but **not destroyed**..." II Corinthians 4:8-9 (NKJV)

**"...that My joy may remain in you, and that your joy may be full."** John 15:11

## **Answer Key:**

### **II. Six Biblical Principles for Blasting Away Your Blues**

- 1. while you're figuring out the pieces.**
- 2. embrace Hope**
- 3. releasing your worries**
- 4. fresh grace**
- 5. seek God's direction**
- 6. enjoy God**