Introduction:
A. What is __________? A protracted period of despondency that greatly curtails, or even destroys one’s ability to function as a healthy, happy child of God.
B. Who becomes depressed? About __________ at some point.
C. Did you know that some of the __________ people in the _______ became depressed - including ________?
D. After all that Elijah had been through, why did he have such an uncharacteristic reaction to __________ threat?
   1. His reaction may be the classic __________/________ experience.
   2. His reaction may be the proverbial “_______ that ______ the ________ back.”

I. Depression’s _______ and _______.
   A. A first cause of Elijah’s depression was ______-__________.
      1. God’s cure for it was _______ and __________.
   B. A second cause of Elijah’s depression was being ____-__________.
      1. God’s cure for it was a renewed view of ________.
   C. A third cause of Elijah’s depression was __________-__________.
      1. God’s cure for it was to __________ ___________.
   D. A fourth cause of Elijah’s depression was __________.
      1. God’s cure for it was to establish a new ____________.

Conclusion:
A. When depressed, we need to keep in mind three simple truths:
   1. God wants the very ______ for us.
   2. God knows right ______ we are and ________ we are feeling.
   3. God know what we ________ and can __________ it.