

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.

Answer Key: Intro. A. depression. B. everyone. C. greatest, Bible, Elijah. D. Jezebel’s. D.1. mountain, top, valley. D.2. straw, broke, camel’s. I. Causes, Cures. I.A. over, exertion. I.A.1. rest, food. I.B. over, burdened. I.B.1. God. I.C. self-preoccupation. I.C.1. focus, outward. I.D. isolation. I.D.1. relationship. Concl.A.1. best. A.2. where, what. A.3. need, supply.