

DARK DAYS OF DEPRESSION
1 KINGS 19:1-18 / 5-6-18 / PM

I. WHAT CONDITIONS LED TO ELIJAH'S DEPRESSION?

1. Unrealized expectations--19:1-2.
2. Physical or emotional exhaustion--19:5.
3. Worry and Fear--19:3a.
4. Isolation from others--19:3b.
5. Self-pity--19:4.
6. Messiah-Complex or overestimation of ones worth, even pride--19:10.

II. WHAT CURES LIFTED ELIJAH FROM HIS DEPRESSION?

1. Rest and eating right--19:5-8.
2. Venting--19:14 (repeated in 10).
3. Listening to God--19:11-13a.
4. Renewed purpose and realization that God isn't through with you yet--19:15-17.
5. Reassurance that you're not alone--19:18.