

INSIGHT

When we consider the godly men of the Bible, we can't help but to notice that many of them have had moments of despondency in their lives. Moses, a man considered to be an extremely humble man (*Num. 12:3*), had his moments of despondency. We read in *Numbers 11:4-15* how he became so overwhelmed by the constant complaints of the Israelites, that he asked God to lift the burden, even if it meant his life. Joshua, a man known for his deep trust in the Lord and as "a man in whom is the spirit" (*Num. 27:18*), also had moments of despondency. In his prayer in *Joshua 7:7a*, he says, "Ah, Sovereign Lord, why did you ever bring this people across the Jordan to deliver us into the hands of the Amorites to destroy us?" Are these words of humble men? Are these attitudes of men in whom the spirit dwells? And the list goes on: Elijah (*1 Kings 19:4*), Jeremiah (*Jer. 15:10*), Job (*Job 10:1*), King David (*Ps. 42:6*), the disciples (*Lk. 24:17*), and even Paul and Timothy (*2 Cor. 1:8*). Apparently, everyone undergoes moments of weakness and discouragement, even the best of God's servants. But despite of the discouragement and hardships, their ultimate faithfulness to the Lord has proven to be effective in bringing each of them safely through their trials!

We all undergo moments of discouragement in our lives. We all, at some point in our lives, experience health problems, financial problems, relationship problems, loneliness, or other personal struggles--all of which will bring upon depression. But in God, there is hope. Although we may experience troubles in this life, we can overcome depression through faith and hope in the good news of Christ. Active faith in the Lord is the key to overcoming depression! Paul said in *Philippians 4:8-9* that peace comes through setting our minds on things that are positive and through the practice of those positive things in the kingdom!

The Life in Christ **Overcoming Depression**

Key Text: **Philippians 4:8-9**

"Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things. Whatever you have learned or received or heard from me, or seen in me--put it into practice. And the God of peace will be with you."

Theme:

Christianity has never promised absence of problems. In fact, Jesus makes it clear that in this world we will have trouble (*John 16:33*). But how are we to overcome? The solution is to have an active faith in the One who overcame the world--Jesus Christ! Paul, in the spirit of Christ, encourages us to meditate upon and practice the things of God. This will certainly bring peace to our lives in the strength and hope of Christ! Is this not how we overcome depression in this life?

Application:

Here are some practical suggestions:

1. **Seek prayers from the saints!** Pray and have others pray for you to overcome personal struggles you are currently undergoing.
2. **Seek advice!** Seek input from faithful Christians when faced with difficulties.
3. **Seek fellowship!** Be in the company of other Christians. They will be a source of encouragement to you!
4. **Get involved!** Share the gospel and pray for studies; do your quiet times; call a sister or a brother; practice goodness! It helps!
5. **Trust in God!** Believe that He is able to see you through any circumstances in your life!

May the Lord richly bless you!

SERMON OUTLINE

Overcoming Depression!

I. Elijah, The Prophet

A. Prior Events

1. 1 Kings 17
 - a. Israel cursed with a bad king--Ahab!
--He was so bold to sin
 - b. Israel blessed with a great prophet!
--He was so bold to reprove
--He didn't taste death
--He accompanied Christ in transfiguration
--Other prophets prophesied & wrote
Elijah prophesied and acted
--He was a prophet of miracles!
 - c. Elijah predicts drought (vs1)
--God provides thru ravens(v2-6)
--God provides thru widow (vs 7-9)
2. 1 Kings 18
 - a. Reform in Israel
--exposes Ahab's idolatry (vs 16-18)
--He proves God is God (vs 30-39)
--destroys false prophets (vs 40)
--rain returns (vs 45)
3. 1 Kings 19
 - a. Elijah runs away
--Jezebel seeks his life
--Elijah's depression (vs 3-9)
 - b. Overcome by God's provision
--He encouraged him to eat
--He put him to work (vs 15-17) to reform Israel again

B. Our Role In Helping Others Overcome

1. We are called to minister
 - a. Take time to encourage with a call
 - b. Take time to encourage with letters
 - c. Take time to gladden a heart with a hug, smile or just an encouraging word
--Prov. 14:13; 17:22

C. Conclusion: Get actively involved!

Phil 4:8-9--practice goodness and receive the peace of God

Warm-up:

What has recently got you depressed? How was your response during your depression? How did you overcome it?

See To It

1 Kings 18-19:1-18

1. **Read chapter 18.** What was Elijah sent to do?
2. How did God work through Elijah?
3. What was Israel's attitude toward Elijah after the proof that the Lord was God?
4. **Read chapter 19:1-18.** Why was Elijah's afraid?
5. List the attributes of Elijah's depression.

Seeing It Closer:

1. What do we notice about the Elijah of chapter 18 and the Elijah of chapter 19:1-5?
2. What did Elijah need to get out of his depression?
3. How should we handle depression in our lives? Give an example.
4. How can we help others who are depressed?

Getting To It:

Pray for each other to be kingdom-minded people. Get involved in spiritual activities such as fellowships, prayer, evangelism, reading God's word, etc., thus enhancing the peace of Christ and the focus of the cross in your life!

SMALL GROUP STUDY