

THE CAUSES OF DEPRESSION

Reference: **I Kings 19:1-4**

Pastor Larry Webb

The prophet, Elijah, was suffering from depression to where he was actually suicidal.

The fact is we can better defend ourselves against probable depression if we know when to anticipate it. Using Elijah as an example, let's discuss four factors which can contribute to the problem of depression.

CAUSE ONE _____

Reference: **I Kings 19:1, 2** (see screen)

Principle... Emotional _____ come after emotional _____

CAUSE TWO _____

Reference: **I Kings 18:45, 46** and **19:3, 4** (see screen)

To recharge our physical batteries, we need to do three things:

_____ daily

_____ weekly

_____ annually

CAUSE THREE _____

Reference: **I Kings 18:20-40**

CAUSE FOUR _____

Reference: **I Kings 18:39** (see screen)

Principle... Things are almost never as _____ as they sound, and things are almost never as _____ as they seem.

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