

CURES FOR DEPRESSION

Reference: **I Kings 19:5-18**

Pastor Larry Webb

This discussion on depression comes from the Old Testament character, Elijah. The prophet was suffering depression to the extent he actually considered suicide. God used three particular strategies in order to help Elijah recover from his state of manic depression.

ONE... God helped Elijah _____ from his _____.
verses five through **eight** (see screen)

There are three specific dimensions to us as human beings: the physiological, the psychological, and the spiritual. All three dimensions are _____ - _____ meaning each one has an effect on each of the other ones.

TWO... God allowed Elijah to share his feelings in a _____ - _____ setting.
verses nine through **fourteen** (see screen)

There are two extremes people use in releasing anger:

- _____ up; releasing anger's energies
_____ toward ourselves
- _____ up; releasing anger's energies
_____ toward something or someone else

Instead of these extremes, a better solution is someone releasing his anger in a controlled manner through sharing his feelings with someone else who understands and accepts him.

THREE... God helped Elijah to face _____.
verses fifteen through **eighteen** (see screen)

In a state of depression, _____ reality tends to block out _____ reality.

As a result, we tend to accent the negative and either ignore or minimize the positive; which only contributes to our continued _____.

CURES FOR DEPRESSION

Reference: **I Kings 19:5-18**

Pastor Larry Webb

This discussion on depression comes from the Old Testament character, Elijah. The prophet was suffering depression to the extent he actually considered suicide. God used three particular strategies in order to help Elijah recover from his state of manic depression.

ONE... God helped Elijah _____ from his _____.
verses five through **eight** (see screen)

There are three specific dimensions to us as human beings: the physiological, the psychological, and the spiritual. All three dimensions are _____ - _____ meaning each one has an effect on each of the other ones.

TWO... God allowed Elijah to share his feelings in a _____ - _____ setting.
verses nine through **fourteen** (see screen)

There are two extremes people use in releasing anger:

- _____ up; releasing anger's energies
_____ toward ourselves
- _____ up; releasing anger's energies
_____ toward something or someone else

Instead of these extremes, a better solution is someone releasing his anger in a controlled manner through sharing his feelings with someone else who understands and accepts him.

THREE... God helped Elijah to face _____.
verses fifteen through **eighteen** (see screen)

In a state of depression, _____ reality tends to block out _____ reality.

As a result, we tend to accent the negative and either ignore or minimize the positive; which only contributes to our continued _____.