

My Outlook is...



**Attitude of...
...Depression
pt1**

1 Kings

19

Attitude

Attitude Provides...

- **Perspective**
- **Power**
 - **Mirror-** *How We See Ourselves*
 - **Lens-** *How We See Others/ Situations*
 - **Map-** *How We Choose Our Paths*
- **Persuasion**
 - **Steers** (*direction*)
 - **Stations** (*starts, hinders, stops*)

Have You Been Hurt?



**God Uses Hurt People...
...to Help Hurting People**

Hurt (*past tense*)

**☹️ Been through Pain, Grief, Stress, Loss
and**

😊 Came Out on the Other Side

😊 Became a “Wounded Healer”

Have You Been Hurt?

Hurt People

...Hurt People



There's a Big Difference Between:

- Pain that's Been...

- ☺ Dealt With

- ☹ Pushed Down

- One Leads to...

- Development (*fresh*)

- Depression (*stagnant*)

Have You Been Hurt?

John 16:33, *"in this world...tribulation...
...be of good cheer...overcome world"*

- ↪ **Tribulation** (*stress; pressure*) (**Affect**)
- ↪ **Be of Good Cheer** (*Courage*) (**Attitude**)
↪ Deal with It; Go Forward (**Action**)
- ↪ **I Have Already Overcome** (**Achieved-Acquired**)

John 16:33 (MSG) I've told you all this so that trusting me, you will be unshakable and assured, deeply at peace. In this godless world you will continue to experience difficulties. But take heart! I've conquered the world."

Three Things About Depression

It is...

🌀 Ancient Problem

🌀 Universal Problem

🌀 No Respector of Persons



Depression and the Bible

☹️ **Moses – Numbers 11:1-15**

☹️ **David – Psalms 31:9-13**

☹️ **Job – Job 7:2-3**

☹️ **Jeremiah – 20:14-18**

☹️ **Elijah – I Kings 19**



Symptoms of Depression

- ☹️ **Weight Loss or Weight Gain**
- ☹️ **Loss of Sleep and Energy**
- ☹️ **Lose Interest in Most or All...
...Pleasurable Activities**
- ☹️ **Reduced Ability to Concentrate**
- ☹️ **Overcome w/ Feelings of...**
 - **Hopelessness**
 - **Uselessness**



The Key To Elijah's Depression (3,4)

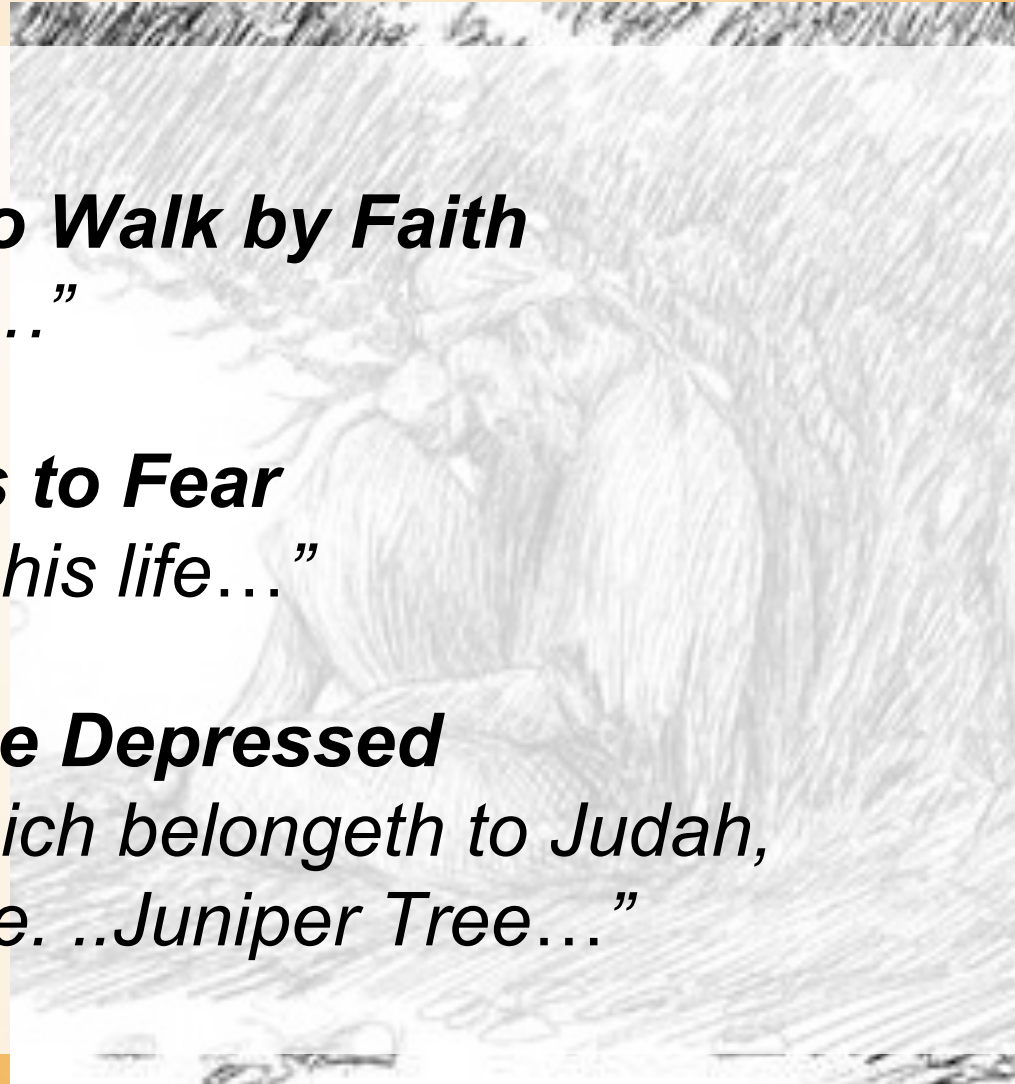
"When He Saw That"

Elijah Changed...

☹️ His Focus -**Ceased to Walk by Faith**
"And when he saw that..."

☹️ His Force -**Boldness to Fear**
"he arose, and went for his life..."

☹️ His Feelings -**Became Depressed**
*"came to Beersheba, which belongeth to Judah,
and left his servant there. ...Juniper Tree..."*



Five Factors of Elijah's Depression

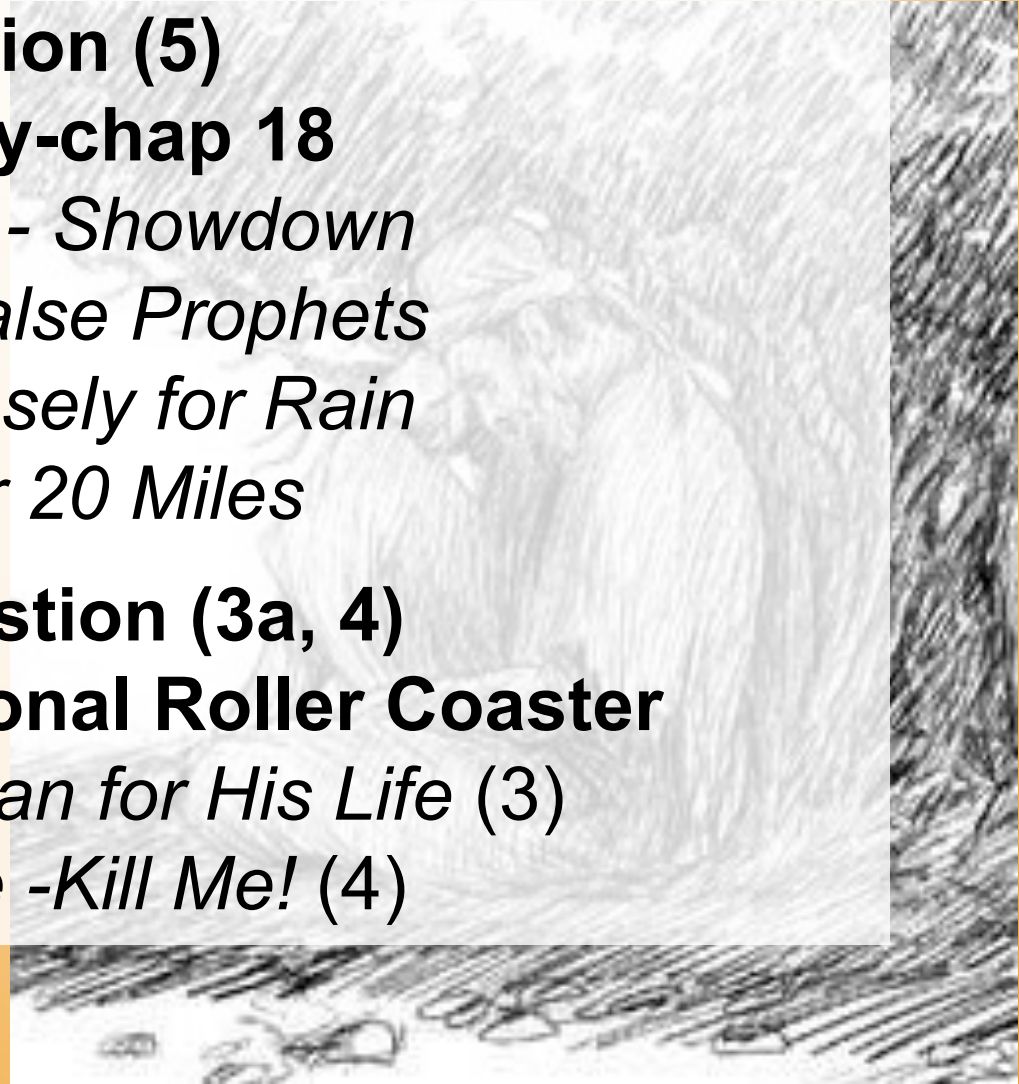
Elijah Faced...

😞 Physical Exhaustion (5)

- Intense Activity-chap 18
 - *Rebuilt Altar - Showdown*
 - *Killed 850 False Prophets*
 - *Prayed Intensely for Rain*
 - *Ran for Over 20 Miles*

😞 Emotional Exhaustion (3a, 4)

- He's on Emotional Roller Coaster
 - *Arose and Ran for His Life (3)*
 - *Take My Life -Kill Me! (4)*



Five Factors of Elijah's Depression

Elijah Faced...

- 🥵 **Physical Exhaustion (5)**
- 🥵 **Emotional Exhaustion (4)**
- 🥵 **Social Exhaustion (1, 2)**
 - **Relationship Conflict**
 - *Confronted / killed 850 prophets*
 - *Jezebel sent out Death Threats*
- 🥵 **Spiritual Exhaustion (10, 14)**
 - Down Played His Work
 - Exaggerated His Situation

Lord Just Take Me!!!

You Can BE Set Free!

- Psa 126:5, *Those who sow in tears will reap w- songs of joy*
- Psa 143:7-8, *Answer me quickly, O Lord; my spirit fails. Do not hide your face from me or I will be like those who go down to the pit. Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I'll lift up my soul.*
- Psa 147:3, *He heals the brokenhearted / binds up wounds*
- Psa 145:14, *The LORD upholds all those who fall and lifts up all who are bowed down.*
- Prov 12:25, *Anxiety in a man's heart weighs it down (depression), but a good word cheers it up*