GOD'S MESSAGE IN YOUR EMOTIONS
Tracing Emotional Pain to Victorious Living

THE DEPTHS OF DEPRESSION
1 Kings 19:1-18   Jeff Schreve

Depression – an emotional state of exaggerated feelings of sadness and intense discouragement that causes negative circumstances to overwhelm and debilitate a person's life.

What is God's message in the emotion of depression?

1. **When you feel depressed, check your <u>physical condition</u>.**

A. Are you getting sufficient <u>rest, relaxation and refreshment?</u>
Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat.
Mark 6:31 NLT

B. Are you sure you are <u>physically healthy</u>?

2. **When you feel depressed, check your <u>spiritual condition</u>.**

A. Are you in the <u>wrong place</u>?
In Your presence is fullness of joy. Psalm 16:11

B. Are you focused on the <u>wrong thing</u>?
For we are powerless before this great multitude who are coming against us; nor do we know what to do, but our eyes are on You.
2 Chronicles 20:12

C. Are you forgetting to <u>praise Him</u>?
I will bless the LORD at all times; His praise shall continually be in my mouth. Psalm 34:1

Why are you in despair, O my soul? And why have you become

disturbed within me? Hope in God, for I shall again praise Him
for the help of His presence. Psalm 42:5

3. When you feel depressed, check your <u>thinking</u>.

   A. You cannot allow yourself to <u>dwell on lies</u>.
As he thinks in his heart, so is he. Proverbs 23:7 NKJV

   B. You combat the devil's lies with <u>God's truth</u>.
If you abide in My word, then you are truly disciples of Mine;
and you shall know the truth, and the truth shall make you free.
John 8:31-32

      1. You are NOT <u>hopeless and useless</u>.

      2. You are NOT <u>a loser and a failure</u>.

      3. You are NOT <u>unloved, unaccepted, and all alone</u>.

4. When you are depressed, check your <u>self-centered focus</u>.

   * Get your eyes off self and <u>start helping others</u>.
Bear one another's burdens, and thus fulfill the law of Christ.
Galatians 6:2

Will you do <u>what God says to do</u> with your depression?