



How Do I Overcome Depression? – Message 1

Announcements

Men's Night // Tuesday, August 21 // Event starts at 7:00PM (Activities begin at 6:00PM) // Little Creek Campus. Men, bring your buddies and join guest speaker, Michael Franzese, a former New York Mobster transformed by the power of Jesus Christ.

Warm-up

Describe your ideal day of rest. How would you replenish physically, mentally and emotionally?

Word and Application

As we begin our new series, *You Asked For It*, our first question is, “How do I overcome depression?” Depression is a medical condition that causes a persistent feeling of sadness and loss of interest. It affects how we feel, think and behave. Depression can lead to a variety of emotional and physical problems. Why do you think that people are often times reluctant to talk honestly about depression? Why is a real-life, candid conversation about depression important?

Elijah experienced a season of depression right after one of his greatest life victories on Mount Carmel. We can learn a lot about depression by looking at what Elijah experienced. In fact, from the following verses, we can answer two important question: “Why do people get depressed?” and “What is God’s prescription for overcoming depression?”

Read 1 Kings 19: 1-4 for an overview of *why* people get depressed.

Why People Get Depressed

1. **We overdo it.** When we overdo it with intense seasons of activity, we become depleted physically, mentally and emotionally. We **burnout**. Elijah found himself stressed out and blown out. When we’re

depleted, then we're susceptible to depression. Has your current activity level put you on the road to a burnout? What changes do you believe are necessary in order for you to avoid burnout and depression?

2. **We isolate.** When we isolate ourselves, we stiff-arm others and falsely believe that no one else could possibly understand what we are going through. The surest way to get depressed is to overdo it and then start isolating. What are some reasons why isolation can be dangerous?
3. **We sink into negativity.** When we sink into negativity, it is very easy for **self-pity** to take over. Over-exaggerating the bad things and focusing on the negative only compounds depression. What are practical ways to combat negativity?

Read 1 Kings 19:5-16 to discover biblical principles for *overcoming* depression.

God's Prescription for Overcoming Depression

1. **Eat, rest, and accept help.** God sent an angel to help Elijah--not once but twice. It is important to note that he accepted help. Just like Elijah, we need to eat, rest, and accept help. We cannot separate our spirit, soul, and body. We need to properly replenish all three. Which of the three do you believe is most depleted in your life? Which are in second and third place? Determine how you will replenish each area. Are you aware of the ministries at Church of the King that offer help? Ask your Small Group Leader or go to www.churchoftheking.com/pastoralcare for more information.
2. **Replace lies with God's truth.** We need to replace the lies in our head with the truth of God's Word. God wanted Elijah to voice his problem in order to verbalize whatever lies he was believing so that He could replace the lies with truth. In the same way, God wants us to believe only the truth about our circumstances and condition. Which specific Bible verses speak truth to the problem(s) you currently encounter? Why is speaking God's Word out loud so powerful?
3. **Keep moving forward.** To overcome depression, after we get rest and replace the lies with truth, then we need to remember the divine assignment God has called us to. There is something yet for you to do. Although adjustments may need to be made to our life output, we must keep moving forward. What has God called you to do? Describe what the all important "first step" looks like in order for you to move forward.

Life Challenge

We learned from this message that depression moves on a continuum from **mild to moderate to severe** distress. Severe depression is usually caused by a combination of external circumstances and a chemical imbalance in the brain. When someone is facing severe depression, they need to seek professional help. Moderate depression can become severe quickly and lead to suicidal tendencies when other substances are used to medicate pain. **Do not ignore the symptoms of depression.** God wants to help you today!

Prayer

Thank the Father for His lovingkindness and His mercy that endures forever. Praise Him for the truth of His Word that combats all negativity. Ask Him to help you overcome depression and move forward with what He has called you to do. Pray for the specific needs of your Small Group.