



“The Great Depression” Psalm 88

May 31, 2020
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I. Depression – First Observations

A. What it's not

B. What are some of the signs of depression?

C. Who showed signs of emotional trouble in Scripture?

II. Elijah – A Biblical Case Study In Depression

A. What's going on in Israel when Elijah comes on the scene?

B. What dramatic event happens in 1 Kings 18?

C. But things don't go as Elijah hoped for. What signs does Elijah show that he's slipped into depression in 1 Kings 19?

D. From Elijah we learn that depression is neither sin or weakness. What is it?

Our spirit's response to _____.

E. The relationship between depression and anger

III. How Can We Minister To A Person Suffering Depression? God ministered to Elijah...

A. With _____.

1. Where does Elijah encounter God?

2. What does Isaiah 42:3 say about Jesus?

B. By showing him _____.

C. By giving him significance through a new call.

IV. What are some things we can do to keep depression at bay, or navigate through it?

A. Stay connected to _____.

B. Stay connected to _____.

C. Stay connected to _____.

Questions For Your Life Group Study:

1. If you've suffered depression, briefly describe your experience.
2. "Though sin can cause depression, or depression lead to sin, depression itself is *not* sin, and *not* weakness" Discuss this.
3. What signs of depression did Elijah show, and why do you think he succumbed to it?
4. How did God minister to Elijah in his depression and what can we learn about caring for ourselves or others who are depressed?
5. Discuss individually the importance of the final 3 'connecting' points.