

Healing For Depression

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Healing for Depression

- The good news is....
 - Most of what we are given in scriptures was written in an environment of uncertainty
 - Joseph
 - King David
 - Apostle Paul
 - Mary



Healing for Depression

- Who suffers from depression?
 - Majority of Americans suffer from a serious, clinical depression at some point in their lives
 - Most people never get help, they attempt to fight this battle on their own
- What are some of the symptoms?
 - Loss of Interest
 - Sleep Problems
 - Difficulty Concentrating
 - Agitation
 - Restlessness

Healing for Depression

- Depression is a very real part of life for many people.
- Gods show this to us in 1 Kings 19:1-19:18
 - Elijah experienced many of the classic symptoms
 - Fear (1 Kings 19:3)
 - Suicidal Tendencies (1 Kings 19:4)
 - Excessive Tiredness (1 Kings 19:5)
 - Feelings of Rejection (1 Kings 19:10)

Healing for Depression

- How does God heal Elijah?
 - God sent him to church
 - God had Elijah tell him what the problem was
 - God dealt with the false beliefs/false ideas that were fueling Elijah's depression
 - God gave Elijah something to do



Healing for Depression

- The biblical story of Elijah is repeated
 - Paul from prison instructs us to pray in times of uncertainty (Philippians 4:4)
 - Sermon on the mount (Matthew 6)



Conclusion

Be not dismayed whate'er betide, God will
take care of you;

Beneath His wings of love abide, God will
take care of you.

God will take care of you; through everyday,
o'er all the way;

He will take care of you, God will take care
of you.



Resources

- Strite, Jeff. Rx for the soul
[.www.sermoncentral.com](http://www.sermoncentral.com)