

# How Not to Live Just Normal

## Lesson 8

### HOW TO DEFEAT DEPRESSION

#### **INTRODUCTION & BACKGROUND**

- I Kings 16:33           Ahab sets up altar
- I Kings 17:1           Elijah speaks drought
- I Kings 18:1–45       Contest on Mt. Carmel
- Kings 19:1–4          Wrath of Jezebel

Elijah had been fearless for three years, and now, when one woman threatens his life, he becomes frightened, runs out into a desert, and gets depressed. (I Kings 19:3–5)

#### **Four Mental Games We Play**

1. Focus on our \_\_\_\_\_ rather than on the \_\_\_\_\_ . (verse 3)
2. We start comparing \_\_\_\_\_ with other \_\_\_\_\_ . (verse 4)
3. We take false \_\_\_\_\_ . (verse 4)
4. We \_\_\_\_\_ the negative. (verse 10)

## **Four Remedies for Depression**

1. Take care of your \_\_\_\_\_ needs. (verses 5–8)
2. Give your \_\_\_\_\_ to God. (verses 9–10)

### Six Emotions of Elijah

- a. He was \_\_\_\_\_ . (verse 3)
  - b. He felt \_\_\_\_\_ . (verse 4)
  - c. He had low \_\_\_\_\_ and felt \_\_\_\_\_ . (verse 10)
  - d. He was \_\_\_\_\_ . (verse 10)
  - e. He was \_\_\_\_\_ . (verse 10)
  - f. He was \_\_\_\_\_ . (verse 10)
3. Get a fresh \_\_\_\_\_ of God's \_\_\_\_\_ in your life. (verse 11)
  4. Let God give you a new \_\_\_\_\_ for your life. (verse 15)

## **CONCLUSION**

Let God change those harmful \_\_\_\_\_ .

Jesus said, "You shall \_\_\_\_\_ the truth and the truth will set you \_\_\_\_\_ ." (John 8:32)