**DOMINANT DEMONSTRATIONS**

1 Kings 18:41–46 • Zechariah 4:10

**DEPRESSION & DESPAIR**1 Kings 19:1–9

**SIX ANTI-DEPRESSANTS**

1 Kings 19:9–18 • Romans 11:1–6

**1. Sleep and Eat**

**2. Don’t fake it**

**3. Turn it down to Tune HIM in**

**4. Follow through on your stuff to do**

**5. Get some Help**

**6.You’re NEVER Alone**

**REWIND**

❶ From this past weekend’s teaching, what stood out to you? What did you find most useful/helpful? What about any questions and/or disagreements?

➋ Elijah felt completely isolated and alone, like he was “the only one” who stayed true to God. This led to his depression and despair. What are some times in your life where you’ve felt like this?

**DISCUSS**

➌ Depression and Despair can assault us in various ways and times. Write down what the following verses tell us about dealing with them.

Psalm 37:23–24

Psalm 40:1–3

1 Peter 5:6–9 (note what he says in v.9 about remembering other brothers and sisters who are also going through trials)

Dig a little deeper

Search out commentaries, concordances, or Google to see what else the Bible says about dealing with depression and despair.

**DECIDE & DO**

➍ We talked about six anti-depressants that Elijah needed to deal with his depression and despair.

Which one(s) have been most useful for you?

Which one(s) do you need to make better use of?