

How to Deal With How You Feel **When You Feel Depressed**

I. Introduction

- A. I Kings 19:4 (NLT) *When he went on alone into the desert, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. "Take my life, for I am no better than my ancestors."*

II. What Do You Do When You Feel Depressed?

- A. Beware of potential problems that can easily cause you to become depressed.
1. Physical fatigue
 2. "After-the-high lows"
 3. Continual pressure and problems
 4. Loneliness
- B. Keep a proper perspective about your past.
1. I Thessalonians 5:18 (NAS) *In everything give thanks; for this is God's will for you in Christ Jesus.*
- C. Be proactive in the present.
1. Elijah rested.
 2. Elijah connected with people.
 3. Elijah re-connected with God.
 4. Elijah got back in the "game."
 - a. Self-absorbed people are never happy people!
 - b. My tank will fill as I do God's will!
 - c. We may be too big for God to use, but we're never too small.
- D. Take your depression and pain to God.
1. Romans 8:26 (NLT) *In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words.*

2. *Psalm 31:7 (NLT) I am overcome with joy because of your unfailing love, for you have seen my troubles, and you care about the anguish of my soul.*

III. Conclusion