

SPIRITUAL PROVISION

BIBLICAL RECOVERY FROM DEPRESSION

1. Get proper rest and nutrition – *Mark 6:31*
2. Refuse to dwell on negativity – *Philippians 4:8*
3. Confess the pride of self-pity and self-absorption – *1 John 1:9*
4. Refocus on the Lord by getting into the Word of God – *Psalm 42:1, Psalm 119:81-82*
5. Get back to prayer – *1 Thessalonians 5:17, Philippians 4:6-7*
6. Submit to God’s will and seek His direction – *Ephesians 5:17-18*
7. Reflect on the needs of others instead of thinking only about self – *1 Kings 19:15-18*

CONCLUSION

“For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith. 5 Who is he that overcometh the world, but he that believeth that Jesus is the Son of God?” (1 John 5:4-5)



OVERCOMERS
LIVING A LIFE OF RESILIENCY THROUGH CHRIST

Title: Overcoming Depression

PASTOR PAUL CHAPPELL | SUNDAY, OCTOBER 31, 2021

“And Ahab told Jezebel all that Elijah had done, and withal how he had slain all the prophets with the sword. 2 Then Jezebel sent a messenger unto Elijah, saying, So let the gods do to me, and more also, if I make not thy life as the life of one of them by to morrow about this time. 3 And when he saw that, he arose, and went for his life, and came to Beersheba, which belongeth to Judah, and left his servant there. 4 But he himself went a day’s journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O Lord, take away my life; for I am not better than my fathers. 5 And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise and eat.” (1 Kings 19:1-5)

INTRODUCTION

“And Ahab the son of Omri did evil in the sight of the Lord above all that were before him.” (1 King 16:30)

“And Elijah the Tishbite, who was of the inhabitants of Gilead, said unto Ahab, As the Lord God of Israel liveth, before whom I stand, there shall not be dew nor rain these years, but according to my word.” (1 Kings 16:1)

“Now therefore send, and gather to me all Israel unto mount Carmel, and the prophets of Baal four hundred and fifty, and the prophets of the groves four hundred, which eat at Jezebel’s table. 20 So Ahab sent unto all the children of Israel, and gathered the prophets together unto mount Carmel.” (1 Kings 18:19-20)

1. _____ IS A TOOL OF SATAN

A. The _____ of Satan



SCAN TO VIEW SERMON NOTES ON YOUR DEVICE



SCAN TO VIEW THE WEEKLY BULLETIN



“Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. 2 And when he had fasted forty days and forty nights, he was afterward an hungred. 3 And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. 4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.” (Matthew 4:1-4)

B. The _____ of Jezebel

“Elias was a man subject to like passions as we are, and he prayed earnestly that it might not rain: and it rained not on the earth by the space of three years and six months.” (James 5:17)

Quote: “How strange that Elijah should face 850 angry prophets and not be afraid, and then run away from the threats of one woman!”
—Warren Wiersbe

2. _____ IS EXPERIENCED BY GOOD PEOPLE

A. He sought _____

HE ISOLATED HIMSELF FROM PEOPLE

“And when he saw that, he arose, and went for his life, and came to Beersheba, which belongeth to Judah, and left his servant there. 4 But he himself went a day’s journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O Lord, take away my life; for I am not better than my fathers.” (1 Kings 19:3-4)

“I watch, and am as a sparrow alone upon the house top. 8 Mine enemies reproach me all the day; and they that are mad against me are sworn against me.” (Psalm 102:7-8)

“Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: 9 Whom resist stedfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world.” (1 Peter 5:8-9)

HE ISOLATED HIMSELF FROM GOD

B. He despaired of _____

DESTITUTE OF HOPE

“There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.” (1 Corinthians 10:13)

DEPRESSED REQUEST

C. He felt _____

“Yet I have left me seven thousand in Israel, all the knees which have not bowed unto Baal, and every mouth which hath not kissed him.” (1 Kings 19:18)

3. _____ IS POSSIBLE THROUGH GOD

A. The _____ of God

ELIJAH WAS MINISTERED TO BY AN ANGEL

“Are they not all ministering spirits, sent forth to minister for them who shall be heirs of salvation?” (Hebrews 1:14)

WE ARE MINISTERED TO BY GOD

“And let us consider one another to provoke unto love and to good works: 25 Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.” (Hebrews 10:24-25)

“And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful. 16 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.” (Colossians 3:15-16)

“And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever;” (John 14:16)

“But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.” (John 14:26)

B. The _____ of God

PHYSICAL PROVISION

“Rest in the Lord, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass.” (Psalm 37:7)

“He giveth power to the faint; and to them that have no might he increaseth strength. 30 Even the youths shall faint and be weary, and the young men shall utterly fall: 31 But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.” (Isaiah 40:29-31)