



Notes: 1. Introduction

a. 1 Jn 5:4 God's child overcomes
the world

- Christian victory - our Christian
faith

- Without faith, impossible to please
God - Heb 11:6

- Heb 11:1 faith substance of things
hoped & evidence of unseen things

b. General depression

- feeling "down" & no interest in anything

- losing appetite, & sleeping all the
time

- some even to point of suicide
x degrees of depression

- loss of vibrancy in life

c. Three truths about depression

- Satan can use it against Christian

- Good people can experience it

- Even Bible saints - Elijah

2. Satan Can Use Depression Negatively

a. Highs & lows in life

- one low can be feeling depressed

b. False prophets of Baal

c. Elijah challenges Baal's priests -

1 Kings ~~17~~ ~~18~~ - 18:16-40

2d. Elijah used mockery against false prophets of Baal - 1 Kings 18:26-27

e. Elijah builds God's altar & God answered

3. Good people experience depression

a. Jezebel threatens Elijah's life

- 1 Kings 19:1-2

b. Elijah runs for his life - 1 Kings 19:3-4

- He runs down to Beersheba

- He then hides in the wilderness

- He despairs of status of his life

e. Elijah prayed to God to die

- prophet "drama king"

- modern example - Martin Luther

- modern preacher - Charles Spurgeon

- many psalms speak of overwhelming circumstances

4. God gives victory over depression

a. God gives Holy Spirit to Christian

- Christian is not alone

- Jesus never leaves Christian

b. God gave rest & food to Elijah

- 1 Kings 19:5-8

c. Give God time to help you

- pray your feelings to God

- give your burdens to Him

d. Refuse to linger on negative thoughts

e. Confess your pride to God

- see Job answers to God

f. Study God's ~~with~~ Word for His

promises

g. Pray in the hope of the Scriptures

h. Think of others

5. Conclusion

a. Points 4c-4h ways to battle depression

b. Say out loud God's promises to you

c. Gospel of Christ is power of God

- Rom 1:16

d. The just shall live by faith

- Habakuk 2:4, Romans 1:17

e. God reveals His right living each

step of the way

- "from faith to faith" - Rom 1:14