

**“Victory Over Depression”
(1 Kings 19)**

As we deal with the economic and social losses from Covid-19, more and more people seem to be prone to depression. The truth is that almost anything can start the downward spiral that leads to depression if we let it. In the Bible we find some of God’s choice servants struggling with defeat and even depression. Today we’ll see how God dealt with his servant Elijah, to lift him out of the pit of depression.

The Reason for Depression (1-4)

- Perceived **Threats** (1-2)

- Personal **Response** (3-4)

The Remedy for Depression (5-18)

- Receive God’s **Grace** (5-8)
“Arise and eat!”

- Remember God’s **Purpose** (9-14)
“What are you doing here Elijah?”

- Return to God’s **Work** (15-18)
“Go, return!”

The **Restoration for Depression (19-21)**

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Small Group/Family Discussion Guide

Icebreaker: Sometimes a trial can feel like an emotional rollercoaster ride! Share about a visit to an amusement park (and the rollercoaster if you rode it).

Discussion Questions

1. Why did Elijah fall into the pit of depression?
2. What are some things that can lead to discouragement and can even spiral downward toward depression if we allow them?
3. Share about a time when you were very discouraged. How did you get the victory? What did you learn from going through that time?
4. How did God deal with Elijah when he ran away and wanted to die? **What does this tell us about God?** How can this guide us in helping people who are discouraged?
5. Why can self-pity be so harmful to us? What steps are needed to “slay the beast” of self-pity when it shows up in our lives?

Small Group/Family Prayer Time

Before prayer have each person share 3 specific things for which he is thankful. Each person then begins his prayer by thanking God for these things.

Digging Deeper

Let’s look at some biblical case studies on discouragement and depression.

Mon – Re-read 1 Kings 19

What caused discouragement/depression? What keys to victory do you see?

Tue – Read Ps 42-43 (*“Why so downcast O my soul” is repeated 3 times!*)

Why do you think David was downcast? What keys to victory do you see?

Wed – Read John 21:3-22

Peter was so down about his failure that he quit. How did Jesus restore him?

Thu – Read 2 Cor 4:8-18

What keys do you find for Paul’s victory in the face of so many difficulties?

Fri – Read Psalm 13

Describe how David struggles with his trial? How does he get victory?