

The Recovery Room

SURVIVING THE GREAT DEPRESSION

1 Kings 19:1-18

Jeff Schreve

What is God's way out of the dungeon of depression?

1. Deal with your physical condition.

Rest and Refreshment are critical.

Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. Exodus 20:9

2. Deal with your spiritual condition.

A. Are you in the wrong place?

What are you doing here, Elijah? 1 Kings 19:9

B. Are you focused on the wrong thing?

C. Are you forgetting to praise Him?

Shout joyfully to the Lord, all the earth. Serve the Lord with gladness; come before Him with joyful singing. Psalm 100:1-2

3. Deal with your wrong thinking.

A. You cannot allow yourself to dwell on lies.

For as he thinks in his heart, so is he. Proverbs 23:7

B. You must combat the devil's lies with God's truth.

You shall know the truth, and the truth shall make you free. John 8:32

1. You are not hopeless and useless.

"For I know the plans I have for you," declares the Lord, "plans for welfare and not for calamity to give you a future and a hope." Jeremiah 29:11

2. You are not a loser or a failure.

But in all these things we overwhelmingly conquer through Him who loved us. Romans 8:37

3. You are not unloved and unacceptable.

Then the world's people will know that you sent me. They will know that you love My followers as much as You love me. John 17:23 CEV

4. Deal with your inward focus.

* Get your eyes off yourself and onto others.

*Bear one another's burdens, and thus fulfill the law of Christ.
Galatians 6:2*