

MAIN POINT

In the midst of depression, we must turn to God and look to Him as our Provider and our Savior.

INTRODUCTION

Define depression. What are the varying ways the term is used today?

Have you ever felt depressed or struggled with depression? What is it like? What does it look like to struggle with a spiritual depression?

The term depression can range in meaning from a serious medical issue to someone having a bad day. Treatments for genuine depression vary from medication to talk therapy. For the believer, one's relationship with God plays a crucial role. Today's study demonstrates that In the midst of depression, we must turn to God and look to Him as our Provider and our Savior.

DISCUSSION

> **READ 1 KINGS 19:1-18.**

Have you ever come to a point of loneliness and depression where you have approached God like Elijah in this passage? Explain.

How should the people of God deal with loneliness and depression? What are some of the complexities that accompany this issue?

How did God respond to Elijah? What did He provide? What is the value of rest in our lives?

How might God use loneliness and depression to speak into our lives? What can we learn about God and ourselves when we are depressed? How does going through such an experience form us into being more like Jesus?

What did Elijah tell God was the reason he was depressed? How did Elijah's depression lead Him to a skewed view of reality?

Describe the progression of events as Elijah stood on the mountain before God. What was unexpected in the way God revealed Himself to Elijah?

Why do you think God came in a whisper? What does this indicate about how we might seek God in the darkest times of our lives?

What are some practical ways you can remind yourself of who God is? How can remembering how He has loved you in the past help when you experience times of adversity in the future? What are some practical ways you can remember His love?

APPLICATION

How will you seek to remind yourself that God is always working, even in the darkest moments of life? How can this group come around you in support?