

## “Set Free From Depression”

### 1 Kings 19

#### Sermon Series: “Set Free To Live Free”

**Introduction:** Vance Havner, a famous preacher from the previous century, talked about how in our Christian experience and really just in life that there are mountaintop days, ordinary days, and dark days. All of us deal with this. We all get down. That may range from discouragement to clinical depression, but none of us live on the mountaintop all the time. We believe in taking a holistic approach to this issue. It is physical, cognitive (thinking), spiritual, emotional, and relational.

**How do we experience freedom from discouragement and depression? Here are some steps for us to take:**

**1. Realize that Jesus is with us even in our darkest moments (v. 7, 11-12).** Psalm 34:18 says, “The Lord is near to those who have a broken heart, and saves such as have a contrite spirit.”

-Look at the cross (Isaiah 53:4-6, Romans 5:8)

-Nothing can separate us from the Lord and His love. Meditate on Jesus and His love instead of our problems. Remember that fear is faith in the enemy. Press in to Jesus and fight for joy.

-Worship

-Don't look for comfort in the wrong places.

-Be filled with the Holy Spirit, who is the comforter.

**2. Renew ourselves physically (v. 5-8).**

-Watch our diets and exercise

-Rest and take time off

-See a doctor if things don't seem right

-Remember that alcohol is a depressant

-In some cases, medication helps but not always

**3. Replace lies with the truth (v. 9-10, 13-14, 18).** Remember that what we believe determines how we think, which leads to how we feel and act. The Lord asked Elijah what he was doing there two different times, and Elijah responded with spiritual sounding answers, but the reality was that he was afraid of Jezebel and needed to admit it. Elijah believed that he was the only one who was faithful, but the Lord told him that there were 7,000 who weren't Baal worshippers. Believing and thinking this way caused him to feel depressed and act contrary to who he was and what he had seen God do. Even in the face of difficult circumstances, we have to study, meditate on, believe, and claim the Word of God in order to overcome. The truth sets us free.

**4. Remember our purpose (v. 15-17).** Our real purpose always comes from God. Elijah seemed to think he was finished, but God still had work for him to do. Our ultimate purpose is to glorify God. We are to focus on Him instead of ourselves, which had gotten reversed in Elijah's life.

**5. Resist the urge to isolate ourselves (v. 15-21).** God sent him a companion, Elisha. This wasn't the primary reason that God brought Elisha, but it kept him from being isolated. He had isolated himself from everybody else, including his servant. This is not healthy when we are struggling. It may be the opposite of what we feel like doing, but it is what we need. Find ways to connect (2 Corinthians 7:5-7). On the flip side, be an encourager to those who are hurting (Proverbs 12:25). As Craig Groeschel says, “If you think something good, say it.”

**Conclusion: Look to Jesus. Trust Him. Take these practical steps. Remember that even though it is hard, we usually have to do the opposite of what we feel like doing to overcome this.**