



Looking up when
You're feeling down

1 Kings 19:3-8



Origin

LATIN

deprimere

press down

LATIN

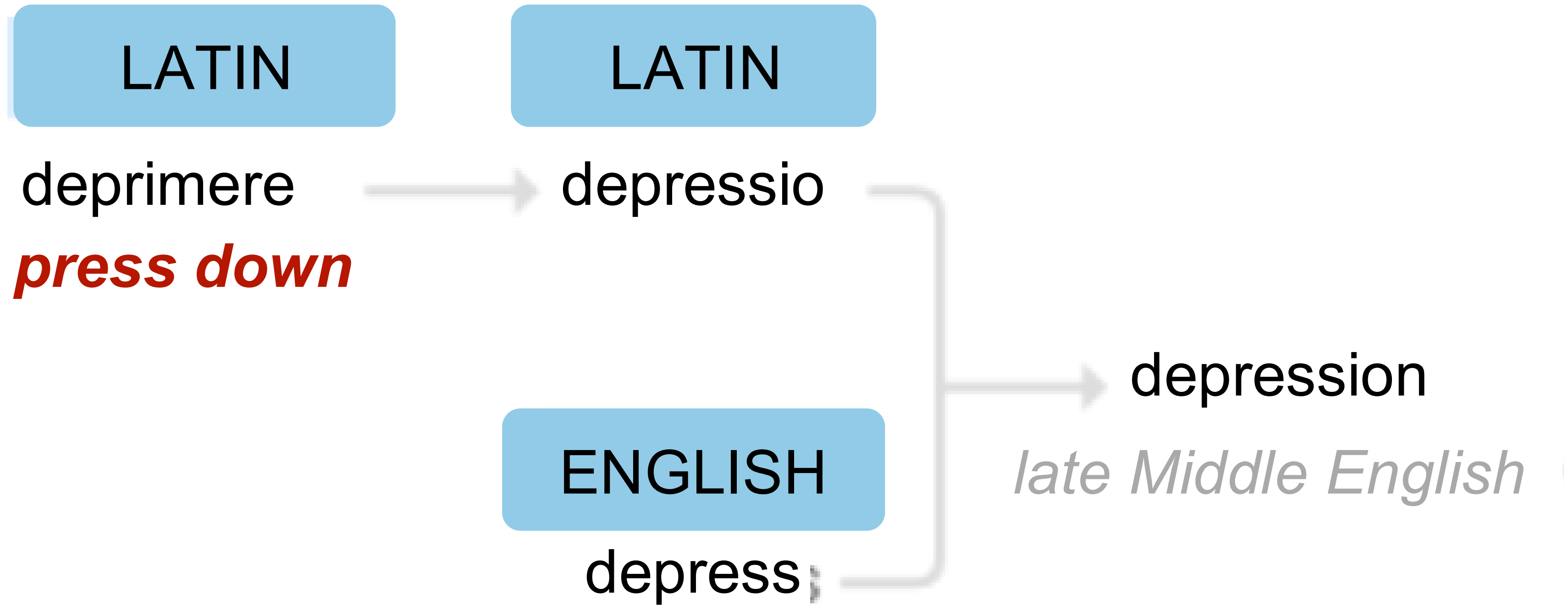
depressio

ENGLISH

depress;

depression

late Middle English







What does the Bible
teach us about
depression?

Depression is not a sign of spiritual failure because God meets us in our despair.





1 Kings 19:3–8 (NLT)

Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had enough, Lord,” he said. “Take my life, for I am no better than my ancestors who have already died.”

Then he lay down and slept under the broom tree.



But as he was sleeping, an angel touched him and told him, “Get up and eat!” He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again.

Then the angel of the Lord came again and touched him and said, “Get up and eat some more, or the journey ahead will be too much for you.” So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God.

We are not just physical beings —
but spiritual, emotional and mental
beings and God desires to bring
wholeness to every part of us.

Luke
10:27

“Love the Lord your God with
all your heart (emotional) and
with all your soul (spiritual) and
with all your strength (physical)
and with all your mind
(mental).”



Depression may press us down
but it cannot separate us from
the love of Christ.

2 Cor 1:8-11

For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself. Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead.

2 Cor 1:8-11

He delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will deliver us again. You also must help us by prayer, so that many will give thanks on our behalf for the blessing granted us through the prayers of many.

2 Cor 4:8-12

We are **hard pressed** on every side, but not **crushed**; perplexed, but not in despair; **persecuted**, but not abandoned; **struck down**, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body.

2 Cor 4:8-12

For we who are alive are always being given over to death for Jesus' sake, so that his life may also be revealed in our mortal body. So then, death is at work in us, but life is at work in you.



Psalm
139:5

“You hem me in, behind and
before, and lay your hand
upon me.”

