

When Life Gets Hard . . .

"How To Defeat Depression"

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"Elijah was a man just like us..." (James 5:17)

Fact: Our emotions are caused by our _____.

"...be changed within by a new way of thinking."
(Romans 12:2 NCV)

"You shall know the truth, and the truth shall make you free."
(John 8:32 NKJV)

DON'T DO THIS...

#1. We focus on our _____ rather than the _____.

"Elijah was afraid and ran for his life." (1 Kings 19:3)

#2. We _____ ourselves with other people. (19:4)

"For we dare not class ourselves or compare ourselves..."
(2 Corinthians 10:12 NKJV)

#3. We take false _____. (19:10)

#4. We exaggerate the _____.

"I am the only one left, and now they are trying to kill me too!"
(19:10)

DO THIS...

#1. _____ (19:5-7)

#2. _____ (19:10)

"Why do You stand afar off, O Lord? Why do You hide Yourself in times of trouble?" (Psalm 10:1 NKJV)

"How long, O Lord? Will You forget me forever? How long will You hide your face from me? How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me?" (Psalm 13:1-2)

#3. _____ (19:11-13)

#4. _____ (19:15)