## From Depression to Hope

\*Believers are not immune to depression but God can lead us through depression to hope

Ice Breaker: Which is your most favorite season of the year? Least favorite?

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Anyone Can Experience Depression (reread 19:1-
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1. Have you ever become depressed . . . what was it like?

- 2. What possible reasons might Christians have for not wanting to admit they are depressed?
- 3. Is anyone presently experiencing depression?

## Realize That Depression Requires Care (reread 19:5b-8)

- 1. How do physical and emotional exhaustion affect your spiritual life? (How did exhaustion contribute to Elijah's depression?)
- 2. What do these verses mean to you regarding depression? (How did God care for Elijah?) In helping ourselves? Others?

## **God's Presence Gives Encouragement** (reread 19:9b-13a)

1. Based on his response to God's question, how would you describe Elijah's state of mind?

	What can distract us and keep us from hearing God when he speaks to us? How do you sense God's presence?
3.	Is there any action you can take to find God and draw encouragement when we feel alone and discouraged? (Or do you have to wait for God to call you out of your "cave"?)
	erving God Builds Hope (God isn't finished with you yet) reread 19:15-16)  List the instructions God gave to Elijah.
2.	Discuss how serving God builds hope.
	rap up:  Who would like to be prayed for today? How/why?
$\triangleright$	Time media into to be prayed for today. Them, may
<b>A</b>	What non-believer do you sense God would have you contact this week?
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