

(1 Kings 19:1-9) When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. ² So Jezebel sent this message to Elijah: “May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them.” ³ Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. ⁴ 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.” ⁵ 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!” ⁶ 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. ⁷ 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.” ⁸ 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. ⁹ There he came to a cave, where he spent the night.

✓ The way we _____ powerfully affects the way we _____.

How to Recognize Depression:

- 1. _____
- 2. _____
- 3. _____

How to Fight Depression:

- 1. _____
- 2. _____

Discussion Questions

Starter Questions

What's one of the best pieces of advice you've ever received?

Group Discussion

This topic is a heavy or hard one for many people. Please remember that anything that is shared in our group remains confidential to our group, and please share to the level in which you are comfortable. If you or someone else needs more help than what is available in your Surge Group, please contact the church office directly.

Looking back on this message, what encouraged you, challenged you, or made you think?

Discuss Pastor Landon's assertion that "the way we live powerfully affects the way we feel." How have you seen this play out in your own life?

Looking back on your times of depression (or your experience with someone else who was depressed), would you say the signs of depression were manifested? If so, relate specific experiences or observations of faulty thinking, isolation, or being led by feelings.

Have you ever gotten healthy using the protective factors listed (sleep, food, exercise, light)? Were they effective?

What other protective factors can help beat or deal with depression?

How can trauma impact a person dealing with depression or anxiety?

How can you meet the needs of someone who is dealing with an underlying risk factor, such as biological, psychological, or social traumas that are out of one's realm of control?

Depression can be a result of loneliness; conversely, loneliness can be a result of depression. What responses in scripture can we find in regards to "going it alone?" Read the following passages and discuss.

Romans 12:4-8

1 Corinthians 12:12-31

Hebrews 10:24-25

1 Peter 4:8-11

Your personal experiences have purpose! How can your story with depression impact someone else's journey? Share, if you feel comfortable.

Prayer Requests

Additional Resources

[The Depression Cure: Six Step Program to Beat Depression without Drugs](#), Stephen Ilardi

"Why are some people more prone to depression than others", Nancy Schimelpfening <https://www.verywellmind.com/why-are-some-people-more-prone-to-depression-1067622>

The study of Elijah and the problem of depression: <https://www.easyenglish.bible/problems/tpaou07-pbw.htm>

Announcements

Interested in learning more about New Anthem Church? Are you ready to discover your gifting and passions? Join us for **NEXT!** These sessions meet during second service in the New Anthem Lounge on **October 6, 13, and 20**. Sign up today!

Join us for **First Monday**, a Surge Group that dives deep into scripture. Come to the office at 7p on **October 7** for a time of study, communion, and prayer. This month's lesson is on the book of Ecclesiastes.