

*I am overwhelmed with troubles and my life draws near to death. ...I am like one without strength. ...Why, LORD, do you reject me and hide your face from me? ...—darkness is my closest friend. Ps 88:3-18*

I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. John 14:27 (NLT)

The Lord is near to the brokenhearted and saves the crushed in spirit. Psalm 34:18

#### Depression is:

A mood disorder generally characterized by anhedonia, extreme sadness, poor concentration, sleep problems, loss of appetite, and feelings of guilt, helplessness and hopelessness.

- It's **okay** to not be **okay**.
- Suicide is a **permanent**, irreversible attempt to solve a **temporary** problem.

**1 800-273-TALK (8255)**  
**National Suicide Prevention Hotline**  
**988 - Suicide and Crisis Lifeline**

Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." 1 Kings 19:1-2

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

#### Five ways we set ourselves up for depression:

"Elijah was afraid and ran for his life.... He came to a broom tree, sat down under it and prayed that he might die. I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." Then he lay down under the bush and fell asleep. 1 Kings 19:3-4

- We focus on our **feelings**, not the **facts**.

Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness.... 1 Kings 19:3b - 4a

- We **isolate** ourselves from others.

A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken. Ecclesiastes 4:12 NLT

"...Take my life; I am no better than my ancestors." Then he lay down under the bush and fell asleep. 1 Kings 19:4b

- We **compare** ourselves with others.

Each time he (God) said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. 2 Corinthians 12:9

He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword.... 1 Kings 19:10a

- We **blame** ourselves for negative events that are not our fault.

...I am the only one left, and now they are trying to kill me too. 1 Kings 19:10b

- We **exaggerate** the negative.

#### How God leads us out of depression:

All at once an angel touched him and said, "Get up and eat." He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." So he got up and ate and drank. 1 Kings 19:5-8

- Take **Care** of **yourself**.

"What are you doing here, Elijah?" Elijah replied, "I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too" 1 Kings 19:10

- Give your **frustrations** to God.

God told Elijah, "Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by". Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. 1 Kings 19:11

- Get a fresh **awareness** of God's presence in your life.

"Be still, and know that I am God... Psalm 46:10

Elijah, "Go back the way you came, and go to the Desert of Damascus. When you get there, here's what I want you to do"... 1 Kings 19:15

- Let God give you a **new direction** for your life.



## TO CREATIVELY LOVE AND LEAD PEOPLE IN A GROWING RELATIONSHIP WITH JESUS.

#### Questions that can be used in Connection Groups:

*These questions also work well for personal time with God.*

- What scripture and/or point spoke most to you from the Talk on Sunday? Explain.
- Note: Depression is a sensitive topic for many, don't feel that you have to share if you don't want to.
- In times when you are down do you have someone you can talk to? Do you actually reach out to them?
- Do you think it's okay to not be okay? Explain.
- How common is depression in our world? How important is it to you to talk about it with others? Why?
- Talk through the sub-points under - "Five ways we set ourselves up for depression". How do these lead us into depression?
- How does taking care of ourselves lead us out of depression? What are some ways to take care of yourself?
- Do you pour out your frustrations to God on a regular basis? Why is this important?
- How do we get a fresh awareness of God's presence in our life? Why is this important?
- How does helping others (this new direction) lead us out of depression?

For more Talks, visit us at:  
**fresnoquest.com**

Today right after The Gathering

Water  
Baptism

Dead to sin, Alive in Christ!

Sunday, May 11th

Muffins with

Mom

after the Service in the Great Room



THE  
Quest  
CHURCH



THOMAS ELEMENTARY

**VOLUNTEERS NEEDED**

**Free Grocery  
Giveaway!**

**SIGN-UP SHEET IN THE COURTYARD**

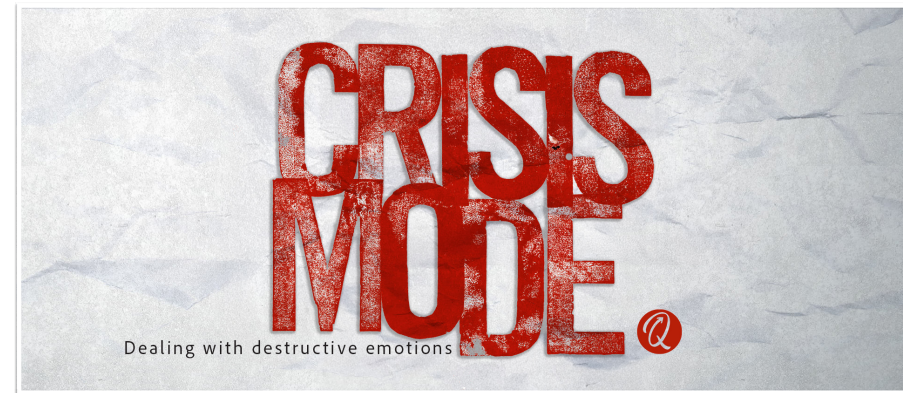
**every 3rd Saturday of the Month**

11am - 1:30pm

THE  
*Quest*  
CHURCH EST. 2004

Doing life together

Today's Talk..



**Dealing with Depression**

Sunday, April 27th, 2025

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