

# Heart, Soul and MIND: Depression

6/04/23

## Bible Reference:

1 Kings 18-19

Have you ever had a season where you found yourself wrestling with **depression**?

## Contributing Factors:

- Biological
  
  
  
  
  
  
  
  
  
  
- Circumstances
  
  
  
  
  
  
  
  
  
  
- Relational
  
  
  
  
  
  
  
  
  
  
- Spiritual

## Course Corrections:

- Biological
  
  
  
  
  
  
  
  
  
  
- Circumstances
  
  
  
  
  
  
  
  
  
  
- Relational
  
  
  
  
  
  
  
  
  
  
- Spiritual

## Reflection Questions:

1. Can you think of someone famous who struggled with depression?
2. Of Elijah we read, <sup>4</sup> while he himself went a day's journey into the wilderness. He came to a broom bush, 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."
  - a. Is it fair to say that he was struggling with a season of depression himself?
3. Do you find any comfort in a guy like Elijah – someone who knew God, was loved by God, and used by God – struggling with his emotions?
4. Contributing Factors.
  - a. As you think through 1 Kings 18 and 19, what were some biological factors that may have contributed to Elijah's depression?
  - b. Circumstantial factors?
  - c. Relational factors?
  - d. Spiritual factors?
5. Have you ever experienced a season where you wrestled with depression? If so, how did those classic 4 factors play a role in that season?
6. Course corrections
  - a. As you think through 1 Kings 19, how did God provide some biological course corrections for Elijah?
  - b. Circumstantial course corrections?
  - c. Relational course corrections?
  - d. Spiritual course corrections?
7. As you think through the 4 course corrections, are there any that you need to work to incorporate into your life at this time to help with a season of depression or help prevent one?