

VICTORY OVER DEPRESSION

SEPTEMBER 12, 2021

WORSHIP

All Creatures of Our God and King, The Lord is My Salvation, Hope in the Precious Cross

WELCOME

Have you experienced receiving a depressing piece of news? Do you think you processed your emotions well in relation to that news?

WORD

1 KINGS 19:11-12

¹¹ So He said, "Go out and stand on the mountain before the Lord." And behold, the Lord was passing by! And a great and powerful wind was tearing out the mountains and breaking the rocks in pieces before the Lord; but the Lord was not in the wind. And after the wind there was an earthquake, but the Lord was not in the earthquake. ¹² And after the earthquake, a fire, but the Lord was not in the fire; and after the fire, a sound of a gentle blowing.

PSALM 56:3-4

³ When I am afraid, I will put my trust in You. ⁴ In God, whose word I praise, In God I have put my trust; I shall not be afraid. What can mere mortals do to me?

(READ 1 KINGS 19 AHEAD OF TIME)

Did you know that our emotions are barometers reflecting the health of our spiritual life? Spiritual maturity and emotional maturity also go hand in hand.

Depression is an overwhelming feeling of sadness, hopelessness, and helplessness. It is related to anxiety and fear. If you are not able to control it, depression may lead to suicide. This issue is very relevant in these times as more people are depressed today because of the pandemic. How then do we gain victory over depression? Today in our series Life Detox, we will focus more on the last 2 Rs of the 4-part process of "life detox": REALIZE, ROOT, RECALIBRATE and RECOGNIZE.

RECALIBRATE

One of the most amazing spiritual victories in the Bible was accomplished by Elijah in 1 Kings 18 where he demonstrated God's power against the false prophets of Israel. In fact, these 850 false prophets were killed thereafter.

In **1 Kings 19:1-3**, King Ahab told Queen Jezebel what Elijah did at Mt. Carmel. Jezebel then sent a messenger threatening to kill Elijah. In fear, Elijah ran from Jezebel and went to Beersheba. He became depressed and even asked God to take away his life (**v.4**). Elijah was expecting a spiritual revival in Israel but it did not happen, so he thought of himself as a failure. This shows how what you think impacts your emotions. Depression can happen to anybody including Elijah, a man of God.

God took the initiative to recalibrate the mind of Elijah and help the prophet recognize God for who He is. God wanted Elijah to know He really loves him. God took care of his physical needs by providing Elijah with rest, food, and water (**vv.5-8**).

God also wanted Elijah to go to the root problem of his depression by asking him twice, "why are you here?" (**vv.9,13**) and to recalibrate his mind because Elijah had a "victim mindset" instead of a Biblical mindset

VICTIM MINDSET	BIBLICAL MINDSET
Blames others, past, circumstances	Assumes responsibility
Not taking responsibility	Proactive
Gives excuses Feels helpless	Dependent on the Holy Spirit
Focused on self	Focused on God
Negative Critical, Complaining	Positive Thankful, Grateful

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RECOGNIZE

In order to recognize who God is, we should know how to CAST (1 Peter 5:7):

CARE – God cares for you (vv.11-13)

The gentleness of God talks about the grace of God. God appeared to Elijah in the most unusual way. Many times, God wants to talk to us in the quietness of our hearts. God spoke to Elijah when he was alone and hiding in a cave.

ALMIGHTY – God is almighty (v.14)

God showed that He is almighty. No one can take Elijah's life without His permission.

SOVEREIGN – God is in control (vv.15-18)

Elijah was running away from King Ahab, Jezebel, and God's mission so God told him to go back. Obedience is empowering; it is better to obey. Motion before emotion. If you wait for emotion to come before you obey, it will not come. God wanted Elijah to know that justice will be served, Elijah's part was to obey God.

TRUSTWORTHY – God is trustworthy

Psalm 56:3-4 tells us, that our responsibility is to trust God. To trust God means trusting His Word. Studying God's Word and learning to trust Him go together. Life is a choice. You can choose to be a victim or to be victorious. The key to victory is trusting God. Surrender everything—good and bad in

After this encounter, Elijah was a changed man. Success is not always seeing the results. It is being faithful and obedient to God. Elijah did not see the eradication of Baal worship in his lifetime; but in the lifetime of Elisha, his successor, the worship of Baal was totally eradicated. Elijah's life was not over yet—nor was his mission. His latter years were impactful. He did not realize then what God can accomplish through his ministry in Elisha. God's plan is always better than ours. Elijah, who wanted to die did not die physically! Elijah was brought to the presence of God without dying (2 Kings 2:11).

In the battle in our minds, do not listen to these voices: 1. "Jezebels" – these are ideas inspired by the world or Satan 2. Own voice – for Elijah, he says he is a failure. Learn to listen to One voice only—God's voice. Learn to listen to the Lord by studying and obeying His Word.

Jesus came to give us life (John 10:10), not to live a life of defeat or depression but with fullness of joy. A healthy Christian will have healthy emotions, the fruit of the Holy Spirit (Galatians 5:22-23). It is by the power of the Spirit that we have victory over depression!

DISCUSSION QUESTIONS

1. Married couples/ parents

What may be some of the "false prophets" or "Jezebels" that feed your minds with wrong attitudes and mindset about your marriage, your role as spouse, and as parents? How do such thoughts affect the overall health of your marriage and parenting?

2. Single adults

How have you used your circumstances in this pandemic to get to know God more intimately in your "aloneness" as a single adult? How has your knowledge of God's character and promises helped you with your mental health?

3. Children

Did you experience the Lord giving you food, water and good sleep like what He did for Elijah? How else have you seen God care for you in this pandemic?

4. Everyone

In what ways do you need to RECALIBRATE your mind to guard yourself from depression or having a victim mentality in this pandemic? What will you do so that you can RECOGNIZE God more accurately for who He is?

WORKS

PRAY CARE SHARE IN ACTION

Pray for people going through depression—both clinically diagnosed or not, for them to trust in the Caring, Almighty, Sovereign, Trustworthy God. Offer your listening ear, encouraging words, hug, or material blessings to someone who is feeling down. Share the good news that we can have a full, abundant, and victorious life through the Lord Jesus Christ.

WEEKLY PRAYER POINTS

I. Thanksgiving

Worship God for who He is, what He has done, and what He will do in our lives

II. Country and the World

Upright and moral governance of Public Servants
A God-centered Philippines
Repentance and Salvation

III. Church

That CCF Members would honor and love God and make disciples
Elders, Pastors, Leaders, and Families
Ministries and Churches worldwide

IV. CCF Facilities

Worship and Training Center
Prayer Mountain

V. Personal Concerns

Deeper intimate relationship with God
Righteous living
Salvation of family and friends

MEMORY VERSE

Psalm 56:3-4

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