

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?

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

WORD

READ IT!

1 KINGS 19:3-16

³ And he was afraid, and got up and ran for his life and came to Beersheba, which belongs to Judah; and he left his servant there. ⁴ But he himself went a day's journey into the wilderness, and came and sat down under a broom tree; and he asked for himself to die, and said, "Enough! Now, LORD, take my life, for I am no better than my fathers." ⁵ Then he lay down and fell asleep under a broom tree; but behold, there was an angel touching him, and he said to him, "Arise, eat!" ⁶ And he looked, and behold, there was at his head a round loaf of bread baked on hot coals, and a pitcher of water. So he ate and drank, and lay down again. ⁷ But the angel of the LORD came back a second time and touched him, and said, "Arise, eat; because the journey is too long for you." ⁸ So he arose and ate and drank, and he journeyed in the strength of that food for forty days and forty nights to Horeb, the mountain of God. ⁹ Then he came there to a cave and spent the night there; and behold, the word of the LORD came to him, and He said to him, "What are you doing here, Elijah?" ¹⁰ And he said, "I have been very zealous for the LORD, the God of armies; for the sons of Israel have abandoned Your covenant, torn down Your altars, and killed Your prophets with the sword. And I alone am left; and they have sought to take my life." 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. ¹³ When Elijah heard it, he wrapped his face in his cloak and went out and stood in the entrance of the cave. And behold, a voice came to him and said, "What are you doing here, Elijah?" Then he said, "I have been very zealous for the Lord, the God of armies; for the sons of Israel have abandoned Your covenant, torn down Your altars, and killed Your prophets with the sword. And I alone am left; and they have sought to take my life." The Lord said to him, "Go, return on your way to the wilderness of Damascus; and when you have arrived, you shall anoint Hazael king over Aram. You shall also anoint Jehu the son of Nimshi king over Israel; and you shall anoint Elisha the son of Shaphat of Abel-meholah as prophet in your place.

PARAPHRASE IT!

Restate the verses in your own words.

TALK ABOUT IT!

- What did you like about these verses?
- What did you learn about God?
- What did you learn about the people?
- What did you learn about depression and how we can have victory over it?

POINT IT OUT!

1. RECALIBRATE (1 Kings 18; 1 Kings 19:1-13)

2. RECOGNIZE

- CARE (1 Peter 5:7; 1 Kings 19:11-13)
- ALMIGHTY (1 Kings 19:14)
- SOVEREIGN (1 Kings 19:15-18)
- TRUSTWORTHY (Psalm 56:3-4; John 10:10; Galatians 5:22-23)

WORKS

APPLY IT!

Based on this lesson on LIFE DETOX: VICTORY OVER DEPRESSION, write down your action point to apply what you learned. Make it your "I will..." statement and follow the S.M.A.R.T. guideline to come up with a do-able action point.

- Simple
- Measurable
- Appropriate
- Realistic
- Time-bound

"I will _____

SHARE IT!

Who will you share these truths to this week?

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.

MEMORY VERSE

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?