

September 21, 2014

OVERWHELMED WITH LIFE: DEPRESSION

1 Kings 19:1-14

Signs and symptoms of depression.

What leads to depression? 1 Kin. 19:1-14; Job 1-3

- It comes from **certain** events in our lives. 1 Kin. 19:12, 17-18; Job 1:13-21; Ps. 42-43
- It comes from those events that **result** in physical and emotional issues. 1 Kin. 19:1-10, 14; Job 2:1-13; 6:2-3, 8, 14-15; 7:11; Ps. 42-43
- It comes from events that result in **spiritual** issues.
1 Kin. 19:10, 14, 17-18; Job 1:4-5, 3:1-21; Ps. 42:1-10, 43:1-5

What will lead you out of depression? 1 Kin. 19:5, 8, 11-14, 18

- **Talk** about your depression. 1 Kin. 19:9-10, 14; Job 7:11
- Treat yourself **right**. 1 Kin. 19:5, 7-8
- Turn to God and **trust** Him even when you don't understand.
1 Kin. 19:5, 8, 11-16; Ps. 42:5, 43:5; Prov. 3:5-6
- Turn away from yourself and **engage** with others.
1 King. 19:18-19

What are the symptoms of depression?

- A persistent sad, anxious or “empty” mood
- Sleeping too little or too much
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of interest or lack of pleasure in activities once enjoyed, including sex
- Restlessness or irritability
- Persistent physical symptoms that don’t respond to treatment (such as headaches, chronic pain, or constipation and other digestive disorders)
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless
- Thoughts of death or suicide