



Real Life

Depression & Anxiety

1 Kings 19

January 12th, 2020

Philippians 4:6-7, Psalms 69:1-3, 1 Kings 18:23-24

Have you ever felt yourself under the juniper tree?

In dealing with Depression and Anxiety:

- 1. God's desire is that we take care of our bodies. *1 Kings 19:11-13***
- 2. Focus on God, not your circumstances.**
- 3. Remember that God has a purpose for your life. *Psalms 139:23-24, 1 Peter 5:7***
- 4. God will not forsake you, but healing might not look like you want it to.
*Isaiah 43:2-3***

John 14:27 NIV Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Slides

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Depression & Anxiety
1 Kings 19

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(Sermon titles) **Broken Families, Depression & Anxiety, Worry, Illness, Marriage Design, Sexual Purity, Resolving Conflict, Rest, and Loss.**

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Psalms 69:1-3 NIV Save me, O God, for the waters have come up to my neck. ² I sink in the miry depths, where there is no foothold. I have come into the deep waters; the floods engulf me. ³ I am worn out calling for help; my throat is parched. My eyes fail, looking for my God.

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1 Kings 18:23-24 NIV Get two bulls for us. Let Baal's prophets choose one for themselves, and let them cut it into pieces and put it on the wood but not set fire to it. I will prepare the other bull and put it on the wood but not set fire to it. ²⁴ Then you call on the name of your god, and I will call on the name of the Lord. The god who answers by fire — He is God." Then all the people said, "What you say is good."

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Have you ever felt yourself under the juniper tree...? (With previous Pic)

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In dealing with Depression and Anxiety:

- 1. God's desire is that we take care of our bodies.**

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1 Kings 19:11-13 NIV The Lord said, "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. ¹² After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. ¹³ When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, "What are you doing here, Elijah?"

In dealing with Depression and Anxiety:

- 2. Focus on God, not your circumstances.**

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In dealing with Depression and Anxiety:

- 3. Remember that God has a purpose for your life.**

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Psalm 139:23-24 NIV Search me, God, and know my heart; test me and know my anxious thoughts. ²⁴ See if there is any offensive way in me, and lead me in the way everlasting.

1 Peter 5:7 NIV Cast all your anxiety on Him because He cares for you.

In dealing with Depression and Anxiety:

- 4. God will not forsake you, but healing might not look like you want it to.**

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Isaiah 43:2-3 NIV When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not

be burned; the flames will not set you ablaze. ³ For I am the Lord your God, the Holy One of Israel, your Savior;

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John 14:27 NIV Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

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