



Hope

FOR THE HOLIDAYS

WHEN THERE IS NO JOY IN YOUR WORLD

DR. BENNY TATE

1 Kings 19:3-4

Elijah Got Depressed - Really?

1. He was a _____ person.
2. He was a powerful _____ worker.
3. He was a great _____.

What Caused His Depression?

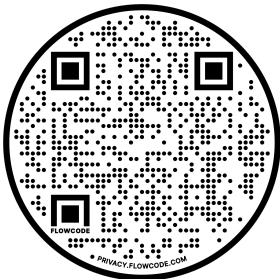
1. He was controlled by his _____, not the _____.
2. He compared himself to _____.
3. He took _____.

How Did He Get Joy Back?

1. _____ recharged
2. _____ refreshed
3. _____ reengaged

SMALL GROUP DISCUSSION QUESTIONS

1. Share one thing that stood out to you in this week's sermon and why.
2. Read 1 Kings 19:1-3 - How does fear sometimes create depression?
What types of fears have had a grip on your life?
3. Immediately following a great victory, Elijah became depressed.
1 Kings 19:3-5 illustrates four common contributors to depression: exhaustion, isolation, negativity, and forgetting God's faithfulness. Of these four, which one is the most common challenge in your own life?
4. Read 1 Kings 19:9-10 - Elijah believed he was the only faithful one left. God replaced this lie with the truth: there were actually 7,000 others who still were faithful. Can you name a lie that you believed to be true? How did God reveal His truth to you?



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