

# HOW TO HANDLE DEPRESSION

JOB 7:13-16

- I. **Depression is Common**
  - A. Among our Culture
    - 1. Depression affects approximately 19 million Americans each year over the age of 18 representing 10% of the adult population.
  - B. Among Christianity
    - 1. Elijah the Patriarch – 1 Kings 19:4
    - 2. Moses the Prophet – Numbers 11:14-15
    - 3. Jonah the Preacher – Jonah 4:3
  
- II. **Depression is Controlling**
  - A. Elijah was Physically Worn Out – 1 Kings 19:1-8
  - B. Moses was Emotionally Wrung Out – Number 11:4-5
  - C. Jonah was Spiritually Wiped Out – Jonah 4:1-3
  
- III. **Depression is Conquerable**
  - A. Elijah was Refreshed – 1 Kings 19:5-6
  - B. Moses was Emotionally Renewed – Numbers 11:16-17
  - C. Jonah was Spiritually Revived – Jonah 4:11
  
- IV. **Conclusion**
  - A. Lean on the Precepts of God – Jeremiah 15:16
  - B. Engage in the Praise of God – 1 Samuel 16:14-23
  - C. Rely on the People of God – Hebrews 10:25; Proverbs 27:17
  - D. Enjoy the Presence of God – Psalm 42:5,11