



## Bible Study

Wednesday, September 20, 2023

### “HOW TO DEAL WITH HOW YOU FEEL”

Just because you are a Christian does not mean that you are exempt from uncontrolled emotions. If we do not learn how to control our emotions, our emotions will control us. In this new Bible Study series, we will look at topics that affect our emotions and more importantly how to control those emotions. In other words, my prayer is that these lessons will help you, “How to Deal with How You Feel.”

### DEPRESSION

**Definition:** An emotional condition characterized by feelings of hopelessness, gloominess, dejection, and sadness.

#### I. Believers Are Not Exempt from Feelings of Depression:

- |             |                                       |
|-------------|---------------------------------------|
| 1. Job      | <i>Job 3:1</i>                        |
| 2. Jeremiah | <i>Jeremiah 20:14</i>                 |
| 3. Paul     | <i>2<sup>nd</sup> Corinthians 1:8</i> |

#### II. Elijah – Portrait of A Depressed Man

- |  |                                      |
|--|--------------------------------------|
| A. Assess the reason for your depression.  | <i>1<sup>st</sup> Kings 19:1-3</i>   |
| B. Admit the reality of your depression.   | <i>1<sup>st</sup> Kings 19:4</i>     |
| C. Acknowledge the triggers for your depression.   |                                      |
| 1. Physical triggers – Elijah was exhausted from hours of running.                       |                                      |
| 2. Emotional triggers – Emotions caused because of death, divorce, disease, or disaster. |                                      |
| 3. Spiritual triggers – Living a lifestyle of unconfessed, unrepented sin.               |                                      |
| D. Apply the remedy for your depression.   |                                      |
| 1. Physically recharge   | <i>1<sup>st</sup> Kings 19:5-8</i>   |
| 2. Spiritually refresh   | <i>1<sup>st</sup> Kings 19:11-12</i> |
| 3. Socially reengage   | <i>1<sup>st</sup> Kings 19:13-16</i> |

Brothers and Sisters, moments of depression are a normal part of life in a fallen world! However, as Believers we must remind ourselves that our hope is in God. If God can raise His Son from the dead, He can raise our souls from the depths of despair!