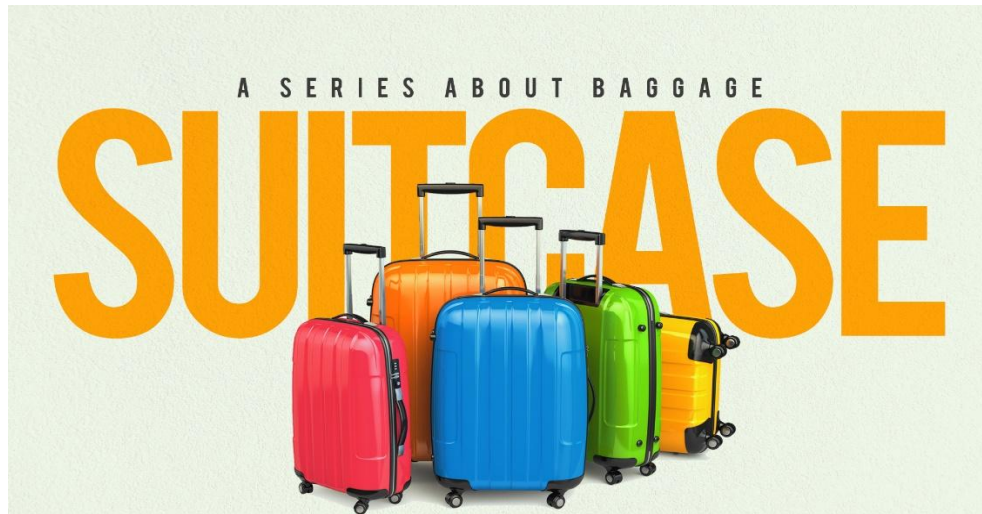


Discovery Service Order and Message Outline



WELCOME TO COWPLAIN CHURCH Pastor Phill
SINGING TOGETHER Holy forever
King of kings (In the darkness)

PRAYER
UPDATES Assistant Pastor Sam
SINGING TOGETHER Speak O Lord
BIBLE READING 1 Kings 19:1-18 (Church Bible page 412)
MESSAGE Taught by Pastor Phill
SINGING TOGETHER Before the throne of God above
COMMUNION Behold the lamb
His glory and my good



Suitcase~2 How to overcome depression 1 Kings 19:1-18

'Come to me, all you who are weary and burdened, and I will give you rest.' Matthew 11:28 NIV

'Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors."' 1 Kings 19:1-4 NIV

'Elijah was a man just like us.' James 5:17 NIV

'As a man thinketh, so is he.' Proverbs 23:7 KJV

'to be made new in the attitude of your minds.'
Ephesians 4:23 NIV

'You will know the truth and the truth will set you free.'
John 8:32 NIV

FOUR MENTAL GAMES WE PLAY WHEN WE GET DEPRESSED.

1. We focus on our _____ rather than the facts.

'Elijah was afraid and ran for his life... He came to a broom tree, sat down under it and prayed that he might die. "I have had enough, Lord."' 1 Kings 19:3-4 NIV

2. We _____ ourselves to others.

'Take my life; I am no better than my ancestors.'
1 Kings 19:4 NIV

3. We blame ourselves for _____ events that aren't our fault.

'I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, broken down your altars, and put your prophets to death with the sword.'
1 Kings 19:10 NIV

4. We _____ the negative.

'I am the only one left, and now they're trying to kill me too.'
1 Kings 19:10 NIV

'Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and all whose mouths have not kissed him.' 1 Kings 19:18 NIV

GOD'S REMEDY FOR DEPRESSION.

1. Take care of your _____ needs.

'Then Elijah lay down under the tree and fell asleep. All at once an angel touched him and said, 'Get up and eat.' He looked around, and there by his head was a cake of bread baked over hot coals, and a jar of water. He ate and drank and he lay down again. The angel of the Lord came back a second time and touched him and said, 'Get up and eat, for the journey is too much for you.' So he got up and ate and he drank and he was strengthened by the food.'
1 Kings 19:5-8 NIV

2. Don't suppress your _____; tell them to God.

'Strengthened by that food, he travelled forty days and forty nights until he reached Horeb, the mountain of God. There he went into a cave and spent the night. And the word of the Lord came to him: "What are you doing here, Elijah?" He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, broken down your altars, and put

your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.'"
1 Kings 19:8-10 NIV

3. Get a fresh awareness of God's _____ in your life.

'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. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.'
1 Kings 19:11-13 NIV

4. Let God give you a new _____ and a new _____ for your life.

'The Lord said to him, "Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram.'" 1 Kings 19:15 NIV



There are no talk it over discussion questions as our Life Groups are on a break over the summer.

Watch us on
You Tube

Watch and listen to the message again, or an archived message by going to www.youtube.com/cowplainchurch.