**Overcoming Depression with God’s help**

**1 Kings 19 – Leader’s Notes**

**HOOK**

**1. How many times did you exercise in the last week? What kind of exercise do you do?**

**2. How many hours of sleep do you average per night? What do you find helps you to sleep?**

**3. Have you ever read Pilgrim’s Progress? Where are you in your progressive journey of faith: haven’t started yet; just beginning; in the prison of despair; close to the finish line?**

**BOOK/LOOK**

**4. Read 1 Kings 19:1-5. What happened just before this incident?** (Victory over the false prophets on Mount Carmel)

**5. How did Elijah go so quickly from the heights of victory to the depths of despair? What was the triggering event to his depression?** (A difficult queen; words that worried him)

**6. What were the combined causes of Elijah’s depression?** (Lost sense of purpose, isolation, unmet expectations for change, physical and emotional exhaustion)

**7. What symptoms of burnout and depression does Elijah manifest?** (Fear, lack of self-confidence, self-condemnation, hopelessness, wants to die, loneliness, anger, and fatigue).

**8. Read 1 Kings 19:5-8. What’s the first thing God does to care for Elijah in his depressed state?** (Feeds him and lets him rest). **Why is that a good place to begin treatment?**

**9. Read 1 Kings 19:9-18. What other kinds of therapy does God offer to heal Elijah?** (Emotional therapy – spiritual retreat; Spiritual therapy – revelation; occupational therapy – new tasks; social therapy – someone to mentor 19:21)

**10. How does God’s ministry to Elijah help us to become more compassionate caregivers for people going through depression?**

**TOOK**

**11. What behaviors are helpful to prevent depression?** (Eating well, getting proper sleep and exercise, balance, community, prayer)

**12. Which of God’s therapies might help you the most where you’re at currently?**

**13. What therapeutic function is served by this home group?** (Encouragement; Don’t live life alone; an opportunity to mentor someone else; spiritual retreat; hearing God’s Word)