

'Get A Grip on Depression' Get A Grip—Part 2

May 6, 2007—10 AM Dr. Bradley T. Trask

1 Kings 19:1-4 Page 559

Definition: Temporary emotional state of extreme sadness which ranges in intensity from mild to severe.

E _____ : A CASE STUDY (James 5:17)

I. The S _____ of DEPRESSION

- **E** _____ - we feel hopeless, worthless, guilty, angry, anxious, irritable
- **I** _____ - we think negatively, become pessimistic, suffer memory loss, difficulty concentrating, grow indecisive; in chronic depression there is the entertainment of thoughts of death/suicide
- **P** _____ - we lack energy, feel fatigued and tired, lose interest in pleasurable activities, changes in appetite or weight, unable to accomplish tasks or work; we may either lose sleep or oversleep as an escape mechanism
- **S** _____ - we withdraw and isolate, or become overly dependent on others
- **S** _____ - we feel estranged and cut off from God

Three experiences in Christian life:

- **M** _____ experiences (great blessing, victory, excitement)
- **O** _____ days (filled with routine living)
- **D** _____ days (filled with discouragement, depression)



II. The S _____ of DEPRESSION

- **WE A** _____ **OUR BODIES**
(Elijah 18:46)
- **WE F** _____ **ON F** _____ **NOT FACTS**
(Elijah 19:3,4)
- **WE L** _____ **GOD OUT OF THE P** _____
(Elijah 19:5, 7; Isaiah 26:3 ; Proverbs 26:3)
- **WE P** _____ **GAMES WE SHOULDN'T P** _____
(Elijah 19:4b, 10 ; 2 Cor. 10:12)
- **WE E** _____ **THE POSITIVE,**
E _____ **THE NEGATIVE**
(Elijah 19:10b, 18)

III. The S _____ for DEPRESSION

- **M** _____ **OFF OF YOUR I** _____
(Hebrews 10:25 ; Galatians 6:2)
- **Q** _____ **PLAYING AMERICAN I** _____
(Elijah 19:15,16)
- **T** _____ **-I** _____ **TO THE PROPER C** _____
(Elijah 19:11 ; Psalm 42:5)

