

DYSFUNCTIONAL

BETRAYAL

STUCK

GUILT

DOUBT

GRIEF

DEPRESSED

Can GOD Fix This?

Depression: I'm Blue and Bored

Speaker: Ronnie Norman

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Proverbs 18:14

¹⁴ A man's spirit will endure sickness,
but a crushed spirit who can bear?

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1. What Causes Depression?

Answer: It's very complicated.

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2. Some Precipitating Reasons

A. Physiological reasons.



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1 Kings 19:1-6

¹ Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. ² So Jezebel sent a messenger to Elijah to say, “May the gods deal with me, be it

1 Kings 19:1-6

ever so severely, if by this time tomorrow I do not make your life like that of one of them.”

³ Elijah was afraid and ran for his life. When he came to Beersheba in Judah,

DYSFUNCTIONAL

BETRAYAL

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1 Kings 19:1-6

he left his servant there, ⁴ while he himself went a day's journey into the wilderness. He came to a broom brush sat down under it and prayed that he might die. "I have had enough Lord,"

1 Kings 19:1-6

he said. “Take my life; I am no better than my ancestors.” ⁵ Then he lay down under the bush and fell asleep. All at once an angel touched him and said, “Get up and eat.” ⁶ He looked

DYSFUNCTIONAL

BETRAYAL

STUCK

GUILT

DOUBT

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1 Kings 19:1-6

around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

2. Some Precipitating Reasons

A. Physiological reasons.

B. Emotional/Relational reasons

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BETRAYAL

STUCK

GUILT

DOUBT

GRIEF

DEPRESSED

Proverbs 15:4

⁴ A gentle tongue is a tree of life, but
perverseness in it breaks the spirit.

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BETRAYAL

STUCK

GUILT

DOUBT

GRIEF

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Proverbs 12:25

²⁵ Anxiety in a man's heart weighs him down, but a good word makes him glad.

1 Kings 19:13-18

^{13b} Then a voice said to him, “What are you doing here, Elijah?”

¹⁴ He replied, “I have been very zealous for the LORD God Almighty. The Israelites have rejected your

1 Kings 19:13-18

covenant, torn 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.”

¹⁵ The LORD said to him, “Go back the

1 Kings 19:13-18

way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. ¹⁶ Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from

1 Kings 19:13-18

Abel Meholah to succeed you as prophet. ¹⁷ Jehu will put to death any who escape the sword of Hazael, and Elisha will put to death any who escape the sword of Jehu.

DYSFUNCTIONAL

BETRAYAL

STUCK

GUILT

DOUBT

GRIEF

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1 Kings 19:13-18

¹⁸ Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and whose mouths have not kissed him.”

2. Some Precipitating Reasons

- A. Physiological reasons.
- B. Emotional/Relational reasons
- C. Moral reasons

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BETRAYAL

STUCK

GUILT

DOUBT

GRIEF

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Proverbs 28:1

¹ The wicked flee when no one pursues, but the righteous are bold as a lion.

Psalm 51:7-8

⁷ Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.

⁸ Let me hear joy and gladness; let the bones you have crushed rejoice.

2. Some Precipitating Reasons

- A. Physiological reasons.
- B. Emotional/Relational reasons
- C. Moral reasons
- D. Philosophical reasons

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BETRAYAL

STUCK

GUILT

DOUBT

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Proverbs 14:13

¹³ Even in laughter the heart may ache, and the end of joy may be grief.

2. Some Precipitating Reasons

- A. Physiological reasons.
- B. Emotional/Relational reasons
- C. Moral reasons
- D. Philosophical reasons
- E. Foundational reasons

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BETRAYAL

STUCK

GUILT

DOUBT

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An idol is anything so central and essential to your life that, should you lose it, your life would feel hardly worth living.

3. Practical Thoughts

- A. Our culture produces stress as a national by-product.

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- A. Our culture produces stress as a national by-product.
- B. You can burn out doing what you love – so learn to rest.

3. Practical Thoughts

C. When we cannot fix it – we can still serve and care.

3. Practical Thoughts

- C. When we cannot fix it – we can still serve and care.
- D. Get a counselor – someone who can talk you down and through.

3. Practical Thoughts

E. Do not scorn medical treatment
for our fallen minds.

3. Practical Thoughts

- E. Do not scorn medical treatment for our fallen minds.
- F. Monitor your thoughts & practice “cognitive therapy.”

3. Practical Thoughts

G. Pay attention to food, exercise
and meaningful activity.

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G. Pay attention to food, exercise and meaningful activity.

H. Let God's presence and approval carry all the weight it deserves.