



Depression is a deep sense of despondency, discouragement, and sadness, often linked with a sense of personal powerlessness and a loss of meaning and enthusiasm for life.

### 1. Make a decision to live a physically disciplined life.

*Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, "Arise and eat." 1 Kings 19:5*

Eat

Sleep

Exercise

### 2. Embrace community.

*And when he saw that, he arose and ran for his life, and went to Beersheba, which belongs to Judah, and left his servant there. 1 Kings 19:3*

Family gatherings

Small groups

Church

### 3. Escape to extended fasting.

*So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God. 1 Kings 19:8*

Fasting is abstaining from food for spiritual reasons.

Fasting brings spiritual rewards when it's done for the right motive. Matthew 6:18

Fasting is a time of feasting on spiritual food.

### 4. Experience God in His Word.



*And there he went into a cave, and spent the night in that place; and behold, the word of the LORD came to him, and He said to him, "What are you doing here, Elijah?" 1 Kings 19:9*

11% of proclaimed Christians haven't read the entire Bible.

With:

6 minutes a day of reading the Bible you will finish it in 2 years.

12 minutes a day of reading the Bible you will finish it in 1 year.

25 minutes a day of reading the Bible you will finish it in 6 months.

50 minutes a day of reading the Bible you will finish it in 3 months.

2 hours and 29 minutes of reading the Bible you will finish it in 1 month.

On average users in the USA spend 2 hours and 3 minutes on social media every day.

On average users in the US spend 4 hours watching videos per day.

A key discovery from the CBE research shows that the life of someone who engages in Scripture 4 or more times a week looks radically different from the life of someone who does not.

Someone who engages in the Bible 4 or more times a week is:

228% more likely to share faith with others

407% more likely to memorize scripture

59% less likely to view pornography

30% less likely to struggle with loneliness

Read the Bible daily.

Get a study Bible. (Examples: Spirit-Filled Bible; The Quest Bible Study)

Memorize Bible verses. (Bible Memory app)

## **5. Live for a cause in the midst of the chaos.**

*Then the LORD said to him: "Go, return on your way to the Wilderness of Damascus; and when you arrive, anoint Hazael as king over Syria. 1 Kings 19:15*

According to Viktor Frankl, we discover meaning in life by:



1. Creating a work or doing a deed
2. Experiencing something or encountering someone
3. The attitude we take toward unavoidable suffering

**Final thoughts:**

1. You don't have to die to end your pain.
2. Taking medicine is not a weakness of faith.
3. Depression is not a pet to be entertained but a pest to be exterminated.