

**Struggling with Worry and Depression**  
**1 Kings 19:1-18**

Notice what Elijah does as he struggles with worry and depression:

1. Do not ISOLATE yourself! 1 Kings 19:1-3
2. Do not SEEK to end your life. 1 Kings 19:4
3. Do not COMPARE yourself to others. 1 Kings 19:4  
–Ps. 139
4. Do not OVERESTIMATE yourself either.  
1 Kings 19:5-10, 14 (Rom. 12:3)

Notice what God does for Elijah

1. He takes care of Elijah's PHYSICAL needs.  
1 Kings 19:5-8a, Matt. 6:25
2. He ADJUSTED Elijah's view of God.  
1 Kings 19:9-13, Matt. 6:26-30,
3. He gets him back on his MISSION.  
1 Kings 19:15-17, Matt. 6:31-33
4. He tells him the TRUTH. 1 Kings 19:18

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