

October 4, 2020

The Voices in Us

1 Kings 19:1-18

The Set Up: The Mountain Top Experience

1 Kings 18:16-46

Insight from this passage on depression:

- **Success** does not make you **immune** from depression.
- **Depression** is not the absence of **God**.
- Use time alone with God to **look beneath the surface**.
Luke 4:1, 22 /

God's Words from this passage on depression:

1. Get some **rest** (1 Kings 19:5-7)
2. Get **up**. (1 Kings 19:7)
3. Get some **food**. (1 Kings 19:5,7)
4. Get some **perspective**. (1 Kings 19:18)
5. Get to **people**. (1 Kings 19:15-17)
6. Get to **work**. (1 Kings 19:15,19)