SERMON NOTES

ASKING FOR A FRIEND

Week Two

DEPRESSION

> Cell

Sunday, September 15, 2019

Depression: A mood disorder characterized by anhedonia, extreme sadness, poor concentration, sleep problems, loss of appetite, and feeling of guilt, helplessness, and hopelessness.

and Social

> Lack of	
> Inability to process	
> Peer to peer	
> Culture	
Lamentations 3:17-20 NIV)	
(2 Corinthians 1:8. NIV)	
(1 Kings 19:1-4 NIV) Now Ahab told Jezebel everything Elijah had done and how he had cilled all the prophets with the sword. ² So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, by this time tomorrow I do not make your life like that of one of them is Elijah was afraid and ran for his life. When he came to Beersheba Judah, he left his servant there, ⁴ while he himself went a day's journate the wilderness.	r if n." in
1. Faulty (Philippians 4:8-9 NIV)	
2 (Ecclesiastes 4:12 NLT)	
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(1 Kings 19:1-4 NIV)

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1.	Faulty	
	(Philippians 4:8-9 NIV)	
2.		
∡.	(Ecclesiastes 4:12 NLT)	•

(Galatians 1:10 NIV)	•	
Kings 19:5-9 NIV) In he lay down under the bush of ched him and said, "Get up and his head was some bread bake ate and drank and then lay do ne back a second time and touch the journey is too much for you engthened by that food, he travereached Horeb, the mountain of ent the night.	d eat." ⁶ He looked a d over hot coals, and wn again. ⁷ The ange thed him and said, "C o." ⁸ So he got up and reled forty days and f	round, and there a jar of water. el of the Lord Get up and eat, l ate and drank. orty nights until
. Get healthy (Psalm 127:2 NIV)	•	
. Pour your(Matthew 11:28-29 NIV)	out to Go	d.
	and	of God.
3. Seek the (Psalm 46:10a NIV)		
S. Seek the(Psalm 46:10a NIV) S. Recieve new for you life. (2 Corinthians 4:16-18 NIV)		

This week I'm going to...

· attend Life Steps.

· rest more and take care of my physical self.

get someone else involved (join a small group).

3.	Lead by
	(John 8:32 NIV)
4.	
₹•	(Galatians 1:10 NIV)

(1 Kings 19:5-9 NIV)

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 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. ⁷ The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." ⁸ So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. ⁹ There he went into a cave and spent the night.

1. Get healthy (Psalm 127:2 NIV)	•	
2. Pour your(Matthew 11:28-29 NIV)	out to God.	
3. Seek the(Psalm 46:10a NIV)	_ and	_ of God
4. Recieve new for you life. (2 Corinthians 4:16-18 NIV)	and	

NEXTSTEPS

This week I'm going to...

- · rest more and take care of my physical self.
- get someone else involved (join a small group).
- attend Life Steps.