

# SERMON NOTES

ASKING FOR A FRIEND  
Week Two

## DEPRESSION

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.

- > Cell \_\_\_\_\_ 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 killed all the prophets with the sword. <sup>2</sup> So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." <sup>3</sup> Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, <sup>4</sup> while he himself went a day's journey into the wilderness.

1. Faulty \_\_\_\_\_.  
(Philippians 4:8-9 NIV)

2. \_\_\_\_\_.  
(Ecclesiastes 4:12 NLT)

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1. Faulty \_\_\_\_\_.  
(Philippians 4:8-9 NIV)

2. \_\_\_\_\_.  
(Ecclesiastes 4:12 NLT)

**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." <sup>6</sup> 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. <sup>7</sup> 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." <sup>8</sup> 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. <sup>9</sup> There he went into a cave and spent the night.

**1. Get healthy \_\_\_\_\_.**  
(Psalm 127:2 NIV)

**2. Pour your \_\_\_\_\_ out to God.**  
(Matthew 11:28-29 NIV)

**3. Seek the \_\_\_\_\_ and \_\_\_\_\_ of God.**  
(Psalm 46:10a NIV)

**4. Recieve new \_\_\_\_\_ and \_\_\_\_\_  
for you life.**  
(2 Corinthians 4:16-18 NIV)

## 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.

**3. Lead by \_\_\_\_\_.**  
(John 8:32 NIV)

**4. \_\_\_\_\_.**  
(Galatians 1:10 NIV)

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