

How to Get Up When You Are Down

1 Kings 19:1-8

Introduction

- I am beginning a series of messages entitled, "*How to Deal With How You Feel.*" I purposely begin with depression. Because depression is America's number one emotional disorder.
- But I am here to tell you that if you have that feeling of helplessness and hopelessness, there is help for the helpless, and there is hope for the hopeless.

Discussion

◇ The Reality Of Depression

◇ The Reasons For Depression

- 1 Kings 19:4

◇ The Remedy For Depression

- 1 Kings 19:5-6

Conclusion

- I say to those of you who are depressed, you can get up when you are down. For the same God that raised the body of Jesus, can raise you from the dumps of depression and set your feet on solid rock.