



Week 4
“When You’re Depressed”
Crossroads
May 2, 2021

*Elijah came to a broom bush, sat down under it and prayed that he might die.
“I have had enough, Lord,” he said. “Take my life! (1 Kings 19:4) (NIV)*

1. BEWARE OF POTENTIAL _____.

- ▶ Physical Fatigue
- ▶ The “After the High” Lows
- ▶ Constant _____.
- ▶ Loneliness

2. KEEP A PROPER PERSPECTIVE ON YOUR _____.

Paul said, “Always give thanks”

Gratitude will affect your Attitude!

3. BE PROACTIVE IN THE _____.

- ▶ Elijah rested. (Physical renewal)
- ▶ Elijah connected with people. (Relational renewal)
- ▶ Elijah re-connected with God. (Spiritual renewal)
- ▶ Elijah got back in the game. (Renewal of purpose)

My tank will _____ as I do God’s _____!

4. STAY POSITIVE ABOUT _____.

*“My grace is sufficient for you, for My power is made perfect in weakness...”
(2 Corinthians 12:9) (NIV)*

“...the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us... -(Romans 8:26) (NIV)

“Jesus said, ‘My soul is overwhelmed with sorrow to the point of death,’ He said to them. ‘Stay here and keep watch.’ Going a little farther, He fell to the ground and prayed that if possible the hour might pass from Him.” (Mark 14:34-35) (NIV)

*Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us.
(Romans 8:34) (NIV)*