

May 19, 1999

# Dealing With Depression

**A**ll of us get the “blues.” We feel “down.” We feel “uptight.” Things sometimes do not work out as we had planned. When these feelings last, we call it being depressed. “Blue Mondays” become a “blue week or month.”

Because of better medical understanding, we are aware that many people are depressed. A national news magazine recently wrote of depression as its cover story. National talk shows have brought together experts in this area. Tonight, our purpose is to give some biblical insights.

Before we look at Scripture, we need to say a word of encouragement for medical help.

## MEDICAL CONSIDERATIONS

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## CAUSES OF DEPRESSION

**THE STORY OF ELIJAH** \_\_\_\_\_

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**THE PROPHET IN A CAVE**

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**HOW GOD MET HIS NEED**

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