

When You Feel Like Running Away!

Highline Christian Church

1 Kings 19:1-18

Many great Christian servants, whose walk was not in _____, suffered depression.

1. What Goes _____ Must Come _____. Ps. 30:5

Instead of picturing depression as a “pit” we should think of it as a _____.

Mark Lowery’s favorite phrase: “IT CAME TO _____”

2. We Make Ourselves Susceptible To Depression When We Take Our _____ Off God.

Keep The _____ In Your Eyes! Isa. 26:3

3. Physical Stress Can Cause _____ Stress.

1 Kings 19:5; Mark 6:30-31; Galatians 6:9

When your body becomes weak & ill so does your _____.

4. We Are More Susceptible To Depression When We Are _____. 1 K 19:10; Heb. 10:25; Gal. 6:2

When we gather in a group of caring people...we draw _____ for life’s battles.

Broken _____ are a razor across the artery of the spirit.

5. Doing Affects F _____. Vs. 15-17

Physical activity can be like _____ medicine.

- Watch out for unrealistic _____.
- Stay in the area of your _____.

6. God and God’s People Reach Out to The Hurting Phil. 2:4; 1 Thes. 5:14; Ps 42:5; Ps. 40:2

There are no super-_____ --only a super-_____.