



SHOWDOWN AT HIGH NOON

Pt. 5 – “How To Deal With
Anxiety & Depression”
October 29th, 2017
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“When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. So Jezebel sent this message to Elijah: “May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them.”

Elijah was afraid and fled for his life.”

1st Kings 19:1-3a (NLT)

WHAT TO DO WHEN YOU’RE STRUGGLING WITH ANXIETY AND/OR DEPRESSION

1. _____ OUT TO OTHERS & _____ FOR _____.

“He went to Beersheba, a town in Judah, and he left his servant there. Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had enough, Lord,” he said. “Take my life, for I am no better than my ancestors who have already died.””

1st Kings 19:3b-4 (NLT)

“Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, “Get up and eat!” He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. Then the angel of the Lord came again and touched him and said, “Get up and eat some more, or the journey ahead will be too much for you.””

1st Kings 19:5-7 (NLT)

2. GO TO THE _____ WHERE YOU EXPECT _____ TO _____ UP.

“So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God. There he came to a cave, where he spent the night.”

1st Kings 19:8-9a (NLT)

3. BE _____ WITH GOD ABOUT HOW YOU’RE _____.

“But the Lord said to him, “What are you doing here, Elijah?” Elijah replied, “I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with You, torn down Your altars, and killed every one of Your prophets. I am the only one left, and now they are trying to kill me, too.””

1st Kings 19:9b-10 (NLT)

4. _____ THAT YOU’RE NOT _____.

“Go out and stand before Me on the mountain,” the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. And after the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was the sound of a gentle whisper. When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And a voice said, “What are you doing here, Elijah?””

1st Kings 19:11-13 (NLT)

“I, the Lord, have seven thousand people left in Israel who have never bowed down before Baal and whose mouths have never kissed his idol.”

1st Kings 19:18 (NCV)