

January 26, 2014 - Pastor Jeff Miller

Defeating Depression Part 4:
Depression “caused by” Unbiblical Expectations

Unbiblical **S** _____ lead to unbiblical expectations.
Unbiblical expectations can lead to **D** _____ .

Read 1 Kings 17 & 18:

1.) How to Get into Depression:

(unbiblical expectations, life isn't what you planned)

- a.) **R** _____ by yourself. **(v19:3-8)**
- b.) **R** _____ the negative. **(v19:10,14)**
- c.) **R** _____ nothing of God's Goodness. **(v19:4-7)**

2.) How to Get Out of Depression:

- a.) Return to **G** _____. **(v19:9-11)**
- b.) Return to **W** _____. **(v19:15)**
- c.) Return to **P** _____. **(v19:15-17)**