

Next Steps: We all battle the blues at different times and stages in our lives. Elijah definitely struggled with depression... even to the point of having suicidal thoughts. If you are “blues battles” have progressed to overwhelming depression and/or you have suicidal thoughts, please contact one of the pastors here at church or another health professional to get the help you need.

Read 1 Kings 18 & 19:1-4. Elijah was tapped out physically, emotionally and spiritually. As a result, Elijah had a serious “Battle with the Blues.”

What was the cause of Elijah’s “battle with the blues?”

What “symptoms” did Elijah display as a result of this battle?

Have you ever had any of these feelings or symptoms? Can you trace those them back to a specific incident or period of your life?

What did you do to mitigate the symptoms?

Read 1 Kings 19:5-21. In this part of Elijah’s story, we can see some guidelines that will be helpful for “Battling the Blues.”

Why is taking care of your physical needs so important? What areas of your physical life need improvement?

Why is taking care of your spiritual needs so vital to your long-term health? Too often we search for God in the big, dramatic events. But where did Elijah “find” God? What are some things you can do to reengage spiritually with God? How do you hear from God? Can you find some time and space to read the Bible and pray more consistently?

Believing you were created on purpose and for a purpose is essential for our health. How was Elijah reminded about God’s calling on his life? Do you know what your purpose / calling is? If you don’t what steps can you take to discover God’s will for your life? If you have strayed from your purpose, what can you do to get back on track?

Too often when we battle the blues we also isolate ourselves from our community. Elijah felt like he had no friends. How did God show him this wasn’t the case? What can you do to reconnect with your community?

Next Week: During the season of Lent we purposefully focus on the events leading up to Easter. Next Sunday, we will take a look at the remarkable encounter Jesus had with Mary of Bethany in John 12:1-8.