

## What the Bible says about - Depression

### Rest, food and God's presence – 1 Ki. 19:3-13

<sup>3</sup> Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, <sup>4</sup> while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." <sup>5</sup> Then he lay down under the bush and fell asleep.

All at once an angel touched him and said, "Get up and eat." <sup>6</sup> He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

<sup>7</sup> The angel of the Lord came back a second time and touched him and said, "Get up and eat, for the journey is too much for you." <sup>8</sup> So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.

<sup>9</sup> There he went into a cave and spent the night. And the word of the Lord came to him: "What are you doing here, Elijah?"

<sup>10</sup> He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

<sup>11</sup> The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by."

Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. <sup>12</sup> After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. <sup>13</sup> When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.

### Trust and hope in God – Ps. 42:5, 11; 43:5

Why, my soul, are you downcast?

Why so disturbed within me?

Put your hope in God,

for I will yet praise Him,

my Savior and my God.

### Trust and hope in God – Heb. 6:18-19

God did this so that, by two unchangeable things in which it is impossible for God to lie, we who have fled to take hold of the hope set before us may be greatly encouraged. <sup>19</sup> We have this hope as an anchor for the soul, firm and secure.

### Tell God about it – 1 Pt. 5:7

Cast all your anxiety on God because He cares for you.

### Accept the support of others – 1 Th. 5:11

Therefore encourage one another and build each other up, just as in fact you are doing.

### GRIEF

#### Accepting comfort from others – Jn. 11:19

Many Jews had come to Martha and Mary to comfort them in the loss of their brother.

#### Accepting comfort from others – Rom. 12:15

Rejoice with those who rejoice; mourn with those who mourn.

#### Receiving comfort from God – Ps 23:4

<sup>4</sup> Even though I walk  
through the darkest valley,  
I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.

#### Receiving comfort from God – Mt 5:4

Blessed are those who mourn,  
for they will be comforted.

#### Resurrection of believers – 1 Th. 4:13-14

<sup>13</sup> Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope. <sup>14</sup> For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him.

#### Repentance that delivers from sin – 2 Cor. 7:9-10

now I am happy, not because you were made sorry, but because your sorrow led you to repentance. For you became sorrowful as God intended and so were not harmed in any way by us. <sup>10</sup> Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

