

Sermon Outline: 2.21.16 am

Sermon Series: **Days of Elijah**
 Sermon Title: ***Bitten By the Black Dog***
 Sermon Text: **1st Kings 19:1-4**
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Winston Churchill:
*“Depression followed me around
 like a black dog all of my life.”*

A young lawyer in the 1800’s wrote...
*“I am now the most miserable man living.
 Whether I shall be better, I cannot tell.
 I awfully forebode I shall not.”*

Some symptoms of depression...

Lethargy (doing nothing)
 Insomnia
 Loss of interest in usual activities
 Feelings of guilt, worthlessness, and hopelessness
 Lack of concentration
 Irritability
 No sexual desire
 Fears, phobias, and anxiety
 Loss of appetite / weight
 Self-destructive thoughts / acts.

(**Mark 6:31**)

(**Luke 22:43**)

Some final thoughts...

1. Don’t belittle or look down on those battling the black dog: it might not be you now, but it could be you later.
2. Elijah was not forsaken by the Lord, and neither are those Christians today who are battling depression.
3. Even though Elijah suffered from depression, God still had plans for his life. After God lifted him from this pit, Elijah fulfilled those plans.
4. If you’re battling depression, God wants you to hear and believe these words from Jesus in **Matthew 11:28**: *“Come unto me, all ye that labour and are heavy laden, and I will give you rest.”*