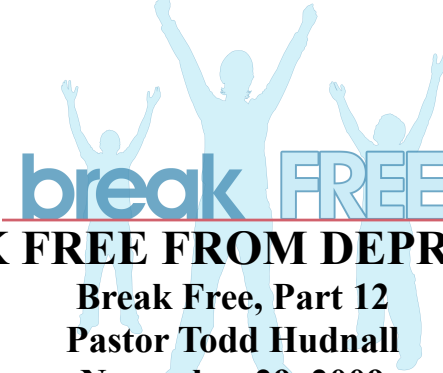


Connection Group Discussion Questions

1. Have you ever won a victory over depression?
What happened?
2. What aspects of Elijah's story in 1 Kings 19 could you most relate to or have you experienced?
3. Read **Psalm 42**. Based on the message today what are some lessons about depression you can observe from these verses?
4. Read **Colossians 3:2**. How can we get our mind off our feelings and on the facts of God's Word? Give some examples.
5. When you have been down, what are some actions that have helped you? Give examples.



BREAK FREE FROM DEPRESSION

Break Free, Part 12
Pastor Todd Hudnall
November 29, 2009

1 Kings 19

Triggers of Depression

1. _____
v2 Then Jezebel sent a messenger to Elijah, saying, "So let the gods do to me, and more also, if I do not make your life as the life of one of them by tomorrow about this time."
2. _____
v3 And when he saw that, he arose and ran for his life, and went to Beersheba, which belongs to Judah, and left his servant there.

3. _____
v4a But he himself went a day's journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, "It is enough! Now, LORD, take my life,

4. _____
v4b ...for I am no better than my fathers!"

5. _____
v5a Then as he lay and slept under a broom tree...

2. **Accept** _____ **for your freedom**
(v9-10)

3. **Praise and** _____ **God**
(v11-13)

4. **Serve** _____
(v15-17)

5. **Seek** _____
(v19-21)

Keys To Break Free From Depression

1. **Take care of your** _____ **needs**
(v5-7)