



## **PEACE OF MIND: Dealing with Depression**

September 10, 2023 | Pastor Kirk Walters  
Mount Paran North

<sup>3</sup> Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. <sup>4</sup> Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. "Take my life, for I am no better than my ancestors who have already died."

**1 Kings 19:3-4 NLT**

<sup>8</sup> So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God. <sup>9</sup> There he came to a cave...

**1 Kings 19:8-9a NLT**

### **Reset Your Body**

"Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!"

**1 Kings 19:5 NLT**

### **Reengage Your Soul**

<sup>11</sup> "Go out and stand before me on the mountain," the LORD told him. And as Elijah stood there, the LORD passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, 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> And after the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was the sound of a gentle whisper.

**1 Kings 19:11-12 NLT**

## **Refocus Your Mind**

<sup>13</sup> When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And a voice said, "What are you doing here, Elijah?" <sup>14</sup> He replied again, "I have zealously served the LORD God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too."

**1 Kings 19:13-14 NLT**

## **Return to Your Purpose**

<sup>15</sup> Then the LORD told him, "Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, anoint Hazael to be king of Aram. <sup>16</sup> Then anoint Jehu grandson of Nimshi to be king of Israel, and anoint Elisha son of Shaphat from the town of Abel-meholah to replace you as my prophet.

**1 Kings 19:15-16 NLT**