

BEYOND SUNDAY



SERMON DATE • JANUARY 14, 2024

Missed the sermon? Watch [here](#).

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This guide is designed to offer a simple tool for those wanting to take the next step with Sunday's message. You can print this guide to study on your own, or use it in a group and experience transformation together.

MESSAGE THEME

WHAT PRAISE DOES WHEN TIMES ARE TOUGH

PRAYER FOCUS

God you are not a distant God, I am so grateful you want and desire a relationship with me. Thank you Lord that depression and anxiety have no place here. I thank you God for provision in Jesus' name and for working on sons and daughters around me that are away from you. I thank you for speaking to me and having good things in store for me.

KEY TRUTHS

Continuing the discussion about having victory over depression, we can look at the life of Elijah. The book of James tells part of his story of wandering and relying on God. He follows God's direction to the river where his food is provided for him. Then he is told to head to town and look for a widow who will make him some food. This woman only had enough food for herself and her son, but Elijah insisted that she make him food first. What Elijah knew is that if he released something from his hand, God would then release something from his. Soon after, everything had been going Elijah's way and an evil woman named Jezebel made a threat and in his mind, he began to meditate on it. Learning from Elijah, we ultimately move in the direction of our thoughts.

Wrong thinking can lead to wrong feelings and wrong actions. The truth is our thoughts determine our actions.

The example found in 1 Kings 19 is a recipe for depression

Hopelessness "I have had enough" vs 4

Suicidal "now Lord take my life" vs 4

Low self esteem "I am no better than my fathers" vs 4

Anger "I have been very zealous for the Lord God." vs 10

Loneliness "I am the only one left" vs 10

Worry and anxiety "They are trying to kill me"

It happens often that we could be filled with emotions and thoughts like this. God met Elijah in this place of brokenness and spoke to him quietly. When God speaks to us it's usually in the still small voice. We were created for God's pleasure and to live in fellowship and relationship with God right where we are.

The key to overcoming depression is letting an exchange take place. Heaviness is a spirit but God has given us a garment of praise to exchange with it. Begin to worship and praise. When we do, the heaviness will fall. We break the spirit of depression when we thank God no matter what might be happening in our lives.

PRACTICAL APPLICATION

When we keep our mind on God and his promises, he will keep us in perfect peace. (Isaiah 26:3)

It's important to have an eternal perspective and remember our problems and afflictions are temporary. We have been called to fellowship with God and be thankful. We were never designed to live the christian life on our own. We need to be able to praise the Lord before we see the fullness because it doesn't all happen at once.

REFERENCE VERSES

- James 5:17-18
- 1 Kings 19:1-4, 11-13
- Isaiah 26:3, 61:3
- Hebrews 11:1-4, 13:15
- Revelation 4:11
- 2 Corinthians 4:15-18, 11:23-24
- Ephesians 2:10
- Romans 12:1-2
- 2 Samuel 21:15-17
- Habakkuk 3:18-19
- Ezra 3:10

DECLARATIONS

“God, thank you that I am forgiven. Thank you for the food I have eaten and the place that I live. Thank you for the never ending opportunities to hear from you. Thank you that I have been washed in the blood and that I am a child of God. Thank you for paying specifically for my sins and calling me worthy.”

WHAT'S NEXT?



*If hearing God or anything mentioned in this study is new to you then we invite you to take the Next Step.
Further information can be found at reslife.org/nextsteps*