
The Warning Light Of The Mind: Depression

August 23, 2026

1 Kings 19:3-6; Psalms 42:3-11; 2 Corinthians 1:8-11

Often Before A Major Problem, There Are Warnings

I. The types of warnings

- A. Engine light
- B. Fever
- C. Marital warning
- D. Jesus gave warnings

II. When life gets overwhelming

- A. The warning light of depression comes on
- B. Feeling alone
- C. Feeling there is no hope

III. Some descriptions of depression

- A. Lethal absence of hope
- B. Anger turned inward
- C. Feeling helpless in my circumstances
- D. Believing you will never be happy again
- E. A chemical brain imbalance
- F. When expectations aren't met, dreams don't align with reality
- G. Relational disconnect

IV. What to know about depression

- A. No one is immune
- B. Four levels
 - 1. Minimum
 - 2. Mild
 - 3. Moderate
 - 4. Maximum/severe
- C. It is the fever of the mind/soul
- D. It is painful
 - 1. It feels like the problem
 - 2. But it is the signal of a problem
 - 3. Stepping on a nail
- E. Called to ask "what is going on?"
- F. Called to find the problem more than treat the symptoms

V. The depression of King David

- A. Felt attacked
 - 1. "Where is your God?"
- B. Felt spiritually empty
- C. No longer going to worship
- D. Life piled up, nothing worked
- E. Grieving his family disconnect
- F. Grief hits you in different ways at different times
- G. Depression is often suppressed, grief forcing its way out after failure, loss, betrayal
- H. How some manage grief
 - 1. Repress it
 - 2. Suppress it
 - 3. Express it

VI. The depression of Elijah

- A. He became fearful of a threat
- B. He forgot God's involvement
- C. Fleeing was his decision
- D. Separated himself from relationships
- E. No prayer, no place for God
- F. Happened after a victory, when you are most vulnerable
- G. Submitted to self-pity

VII. Depression of Paul

- A. Affliction
- B. Burdened excessively
- C. Beyond our strength
- D. Feels like we are dying inside

VIII. What God didn't do

- A. Didn't shame them
- B. Didn't tell them how to feel
- C. Didn't make them do some penance

IX. What God did do

- A. Fed them
- B. Told them to rest
- C. Revealed His promise of deliverance
- D. Sent someone to walk alongside of them

X. The Prince of Peace promise

- A. Come to me
- B. Whosoever believes
- C. I have prepared a place
- D. In me there is life

**Let Him Lift You Out Of The Pit
And Renew Your Mind**