ISSUES ETC.

ARE YOU DEPRESSED…?

With today's high pressure lifestyle, it's easy to run out of emotional energy. Call it "depression", "burnout", or the "blah's", it is a warning light that something is out of balance in our lives.

Common mistakes we make when we are emotionally and physically drained:

Mistake #1 _____

"… he prayed that he might die. 'I have had enough, Lord!,' he said." - 1 Kings 19:4a

Mistake #2 _____

"… Take my life. I am no better than my ancestors!" - 1 Kings 19:4b

Mistake #3 _____

"I have been zealous for God… (but)… they have rejected your covenant, and broken down your altars…" - 1 Kings 19:10a

Mistake #4 _____

"… I am the only one left!" - 1 Kings 19:10b

The Solution: His Name is _____ !