Depression and the Grace of God

'When he saw that he was afraid' (1 Kings 19:3)

'Elijah was a man with a nature like ours' (Jas.5:17)

'It is enough' (1 Kings 19:4)

How God ministered to him

1) He ran out of gas but not out of grace

2) God refreshed him physically

3) God encouraged him spiritually

4) He gave him a new perspective

'Anxiety in the heart of man causes depression, but a good word makes it glad' (Prov.12:25)