



## #5 "Restore Me"

An important part of our need and desire to seek God in prayer comes out of the challenges we face: intense pressure, overwhelming trials, unrelenting attacks. Elijah faced these kinds of challenges that brought him to a very low point, and we learn from this prophet how to pray through our times of depression and receive God's restoration.

**1 King 19:1-5 (NIV)** Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the desert. He came to a broom tree, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." Then he lay down under the tree and fell asleep.

**John 10:10 (NIV)** The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

**James 5:17 (GNT)** Elijah was the same kind of person as we are.

### 1. Recognize \_\_\_\_\_ and how depressive thoughts and emotions come.

*Depressive thoughts and emotions often come when:*

- ◉ You are \_\_\_\_\_ and under pressure.
- ◉ You feel \_\_\_\_\_ and isolated.
- ◉ You feel like \_\_\_\_\_, like you can't go on.
- ◉ You \_\_\_\_\_ \_\_\_\_\_ of your value in God's eyes and His purpose for your life.

**2. Respond in faith to God's \_\_\_\_\_ and \_\_\_\_\_ in your life.**

*God's Word assures you of:*

- His \_\_\_\_\_.
- His \_\_\_\_\_.
- His \_\_\_\_\_ –shalom!

**John 14:27 (NIV)** Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.