

BETTER TOGETHER

— NAFWB —



THREE REACH
FOR TRAIN
30 GIVE

NAFWB.ORG/3FOR30



RESOURCES

SOCIAL MEDIA | PODCASTS
CHURCH TOOLS | PRINT RESOURCES



NAFWB.ORG/RESOURCES



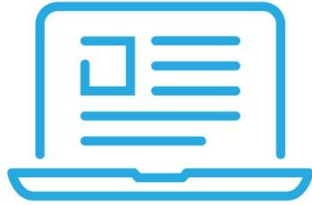
ONE

magazine

TELLING OUR STORIES

NOW AVAILABLE IN AUDIO: **ONEMAG.ORG**

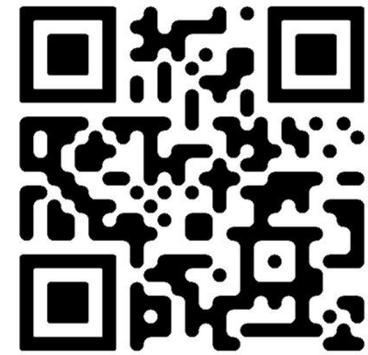


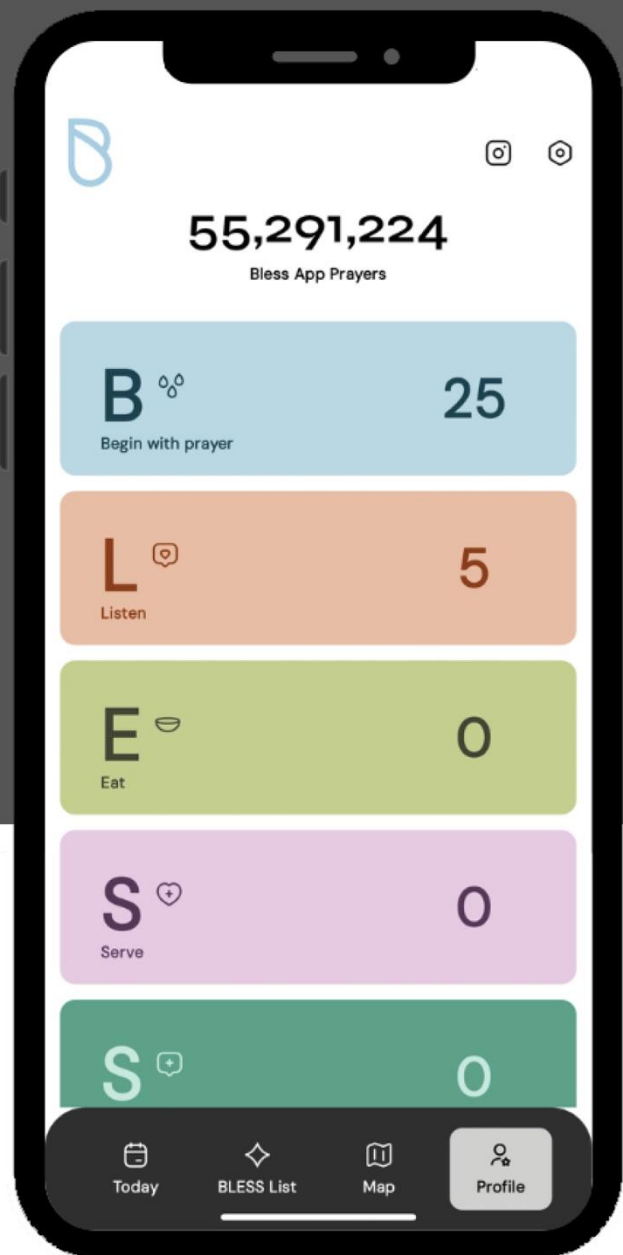


NAFWB NEWS

**NAFWB.ORG/
NEWS**

Sign up for the
free bi-weekly
email newsletter
from the
Executive Office.





THE **BLESS** APP

PRAY | LISTEN | EAT | SERVE | STORY



**NAFWB.ORG/
BLESS**



BLESS YOUR NEIGHBOR

DAY OF
PRAYER
2025

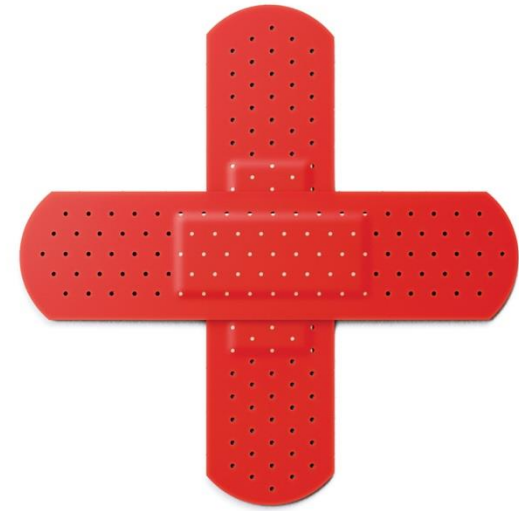
NOV. 4

NAFWB



Are you ready?

*Don't let your fear of not
knowing what to do
keep you from helping someone!*



FIRST AID
for
EMOTIONAL HURTS



NAFWB.ORG/
FIRSTAID

Finding Your Way Out of the Cave

1 Kings 19



Ferdinand Bol *Elijah Fed by an Angel*

There are an estimated 26,391 people within a 15-minute drive of your church that struggle with depression.

Cramerton FWB Church

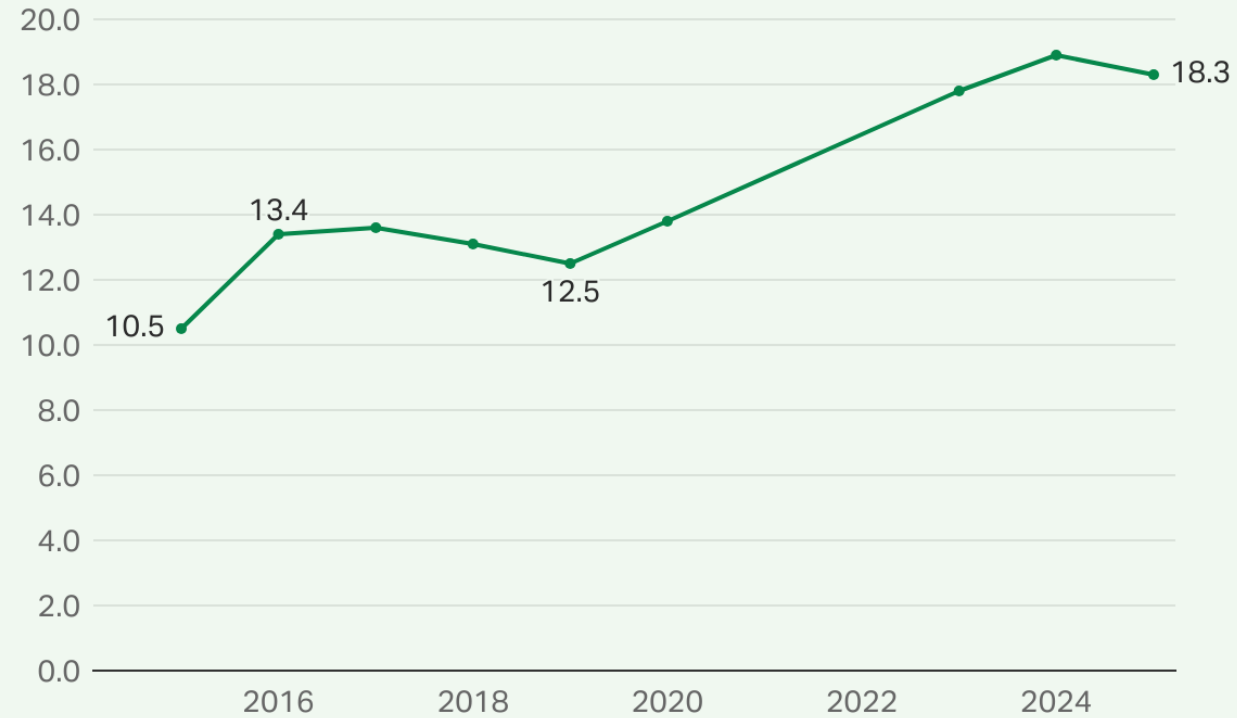
426 Woodlawn Ave, Cramerton, North Carolina, 28032



U.S. Adult Depression Rate Now Exceeds 18%

Do you currently have or are you currently being treated for depression?

% Yes



Source: Gallup Panel. 2025 results based on n=11,288 randomly selected U.S. adults. Data not available in 2021 and 2022.

GALLUP

Current Depression Rate Climbs Sharply for Adults in Lower-Income Households

Do you currently have or are you currently being treated for depression? %
Yes

Year	2017 %	2025 %	Change Between 2017 and 2025 (pct. pts.)
All U.S. Adults	13.5	18.3	4.8
Gender			
Male	9.3	12.7	3.4
Female	17.6	23.4	5.8
Age			
18-29	13.0	26.7	13.7
30-44	14.2	21.5	7.3
45-64	14.0	18.4	4.4
65 and older	12.1	11.5	-0.6
Race/Ethnicity			
White Adults	14.7	18.9	4.2
Black Adults	12.3	18.0	5.7
Hispanic Adults	13.0	17.7	4.7
Annual Household Income			
<\$24,000	22.1	35.1	13.0
\$24,000-\$47,999	14.2	23.3	9.1
\$48,000-\$89,999	12.1	18.4	6.3
\$90000-\$120,000	7.5	16.5	9.0
\$120,000+	8.6	12.8	4.2

SOURCE: GALLUP PANEL

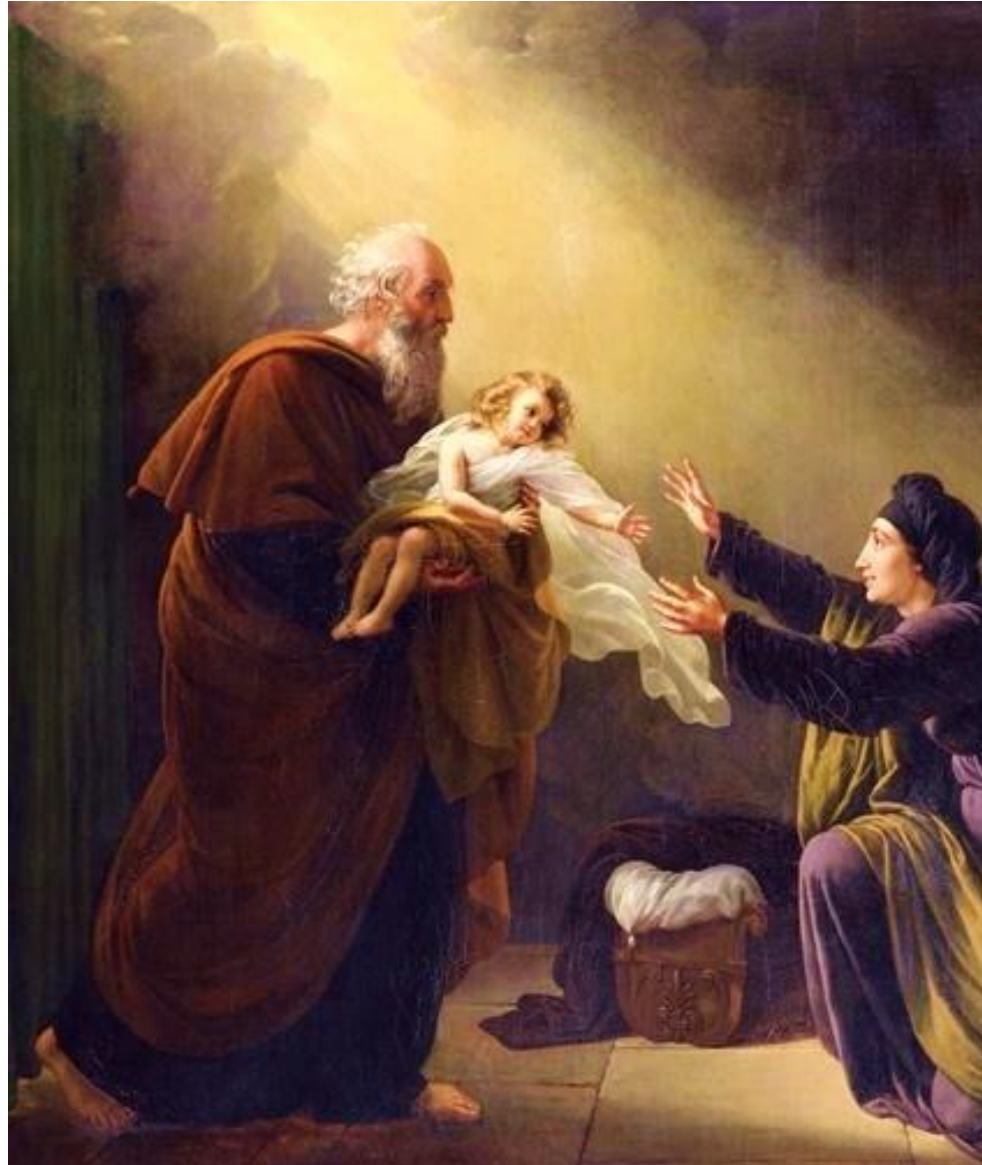
GALLUP

Elijah was a man with a nature like ours, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth.

James 5:17



Elijah in the wilderness, by Washington Allston



*Elijah Resuscitating
the Son of the
Widow of Sarepta*
by Louis Hersent



Elijah Calls Down Fire from Heaven

Elijah was a man with a **nature like ours**, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth.

James 5:17

Finding Your Way Out of the Cave

1 Kings 19



Ferdinand Bol *Elijah Fed by an Angel*

What
happened?

What
increases our
risk for
depression?

Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, “So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow.”

1 Kings 19:1-2





Fear

Then **he was afraid**, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there.

1 Kings 19:3





Fatigue

Then he was afraid, and he arose and **ran for his life** and came to Beersheba, which belongs to Judah, and left his servant there.

1 Kings 19:3



A large orange circle is positioned on the left side of the slide, partially cut off by the edge.

Isolation

Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and **left his servant there.**

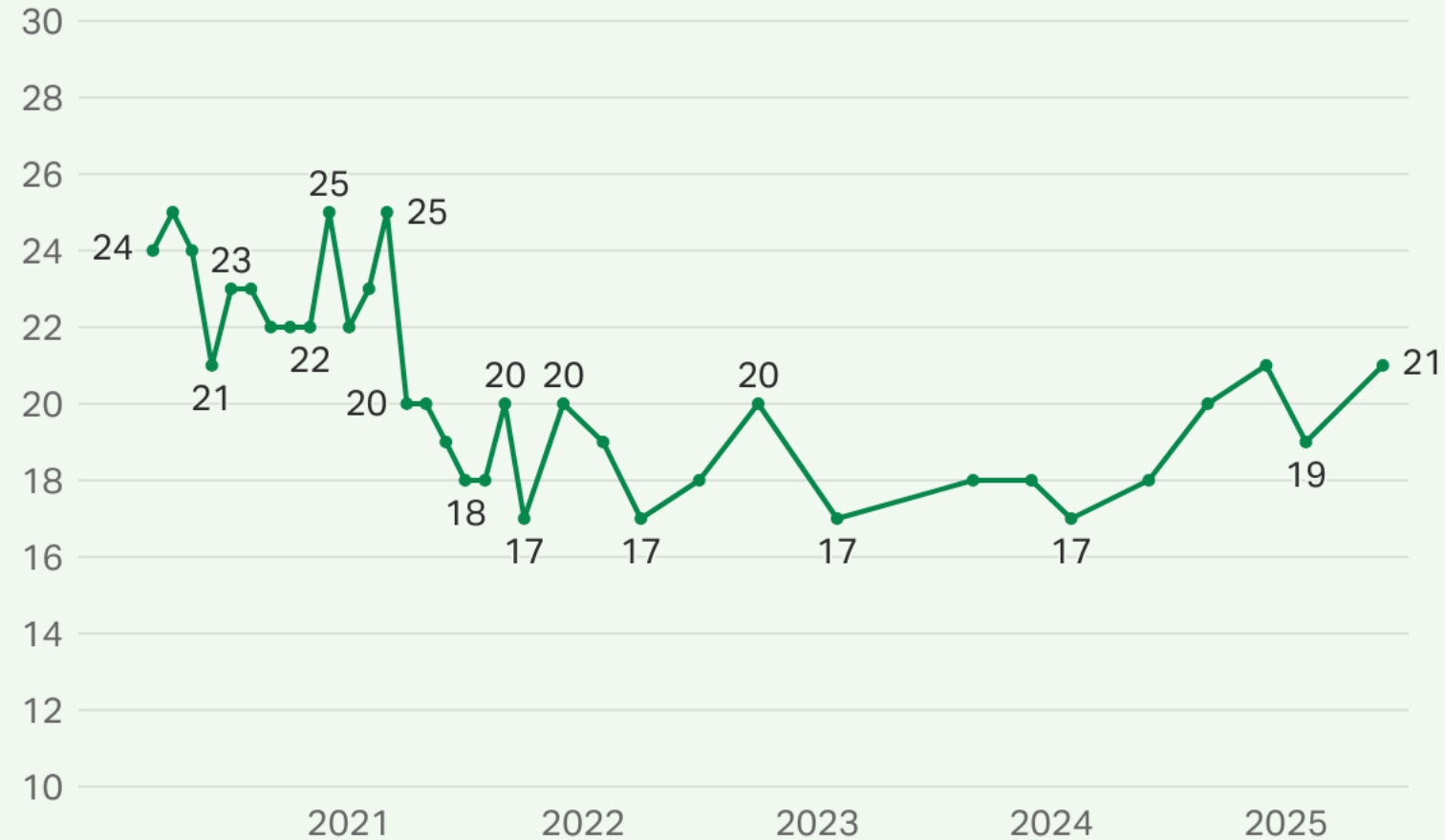
1 Kings 19:3

A series of yellow dashed lines are located in the bottom right corner of the slide, forming a curved, upward-pointing shape.

Daily Loneliness Edges Back up to 2021 Levels

Were you lonely a lot of the day yesterday?

% Yes



Source: Gallup Panel

GALLUP®



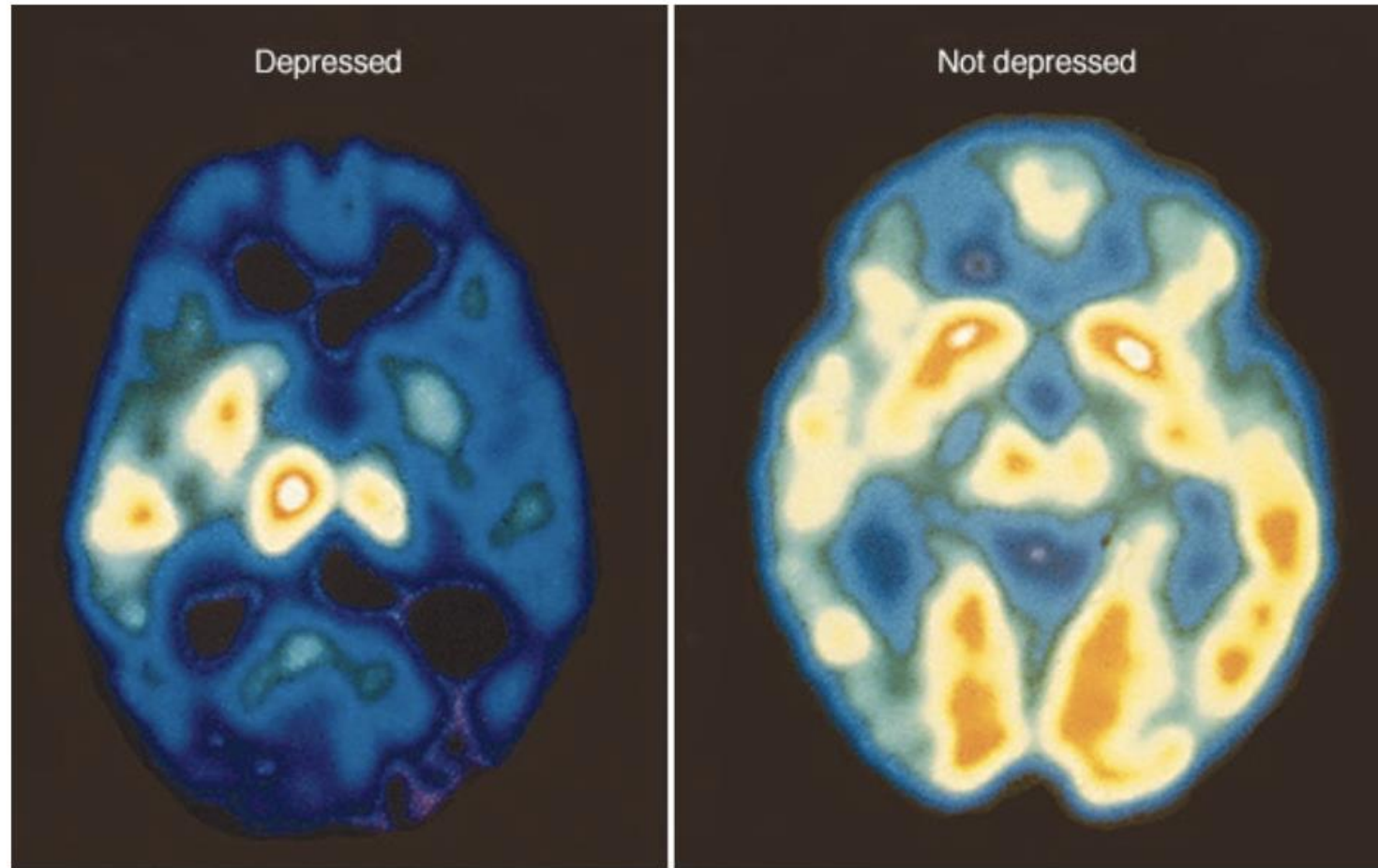
Quitting

But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, “**It is enough**; now, O Lord, take away my life, for I am no better than my fathers.”

1 Kings 19:4



PET scan of the brain for depression



© MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED.

What did
God do?

How can we
defeat
depression?

And he lay down and slept
under a broom tree. And
behold, **an angel touched him**
and said to him, “Arise and
eat.” And he looked, and
behold, there was at his head a
cake baked on hot stones and a
jar of water. And he ate and
drank and lay down again.

1 Kings 19:5-6



Address the
physical.

And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, “**Arise and eat.**” And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again.

1 Kings 19:5-6

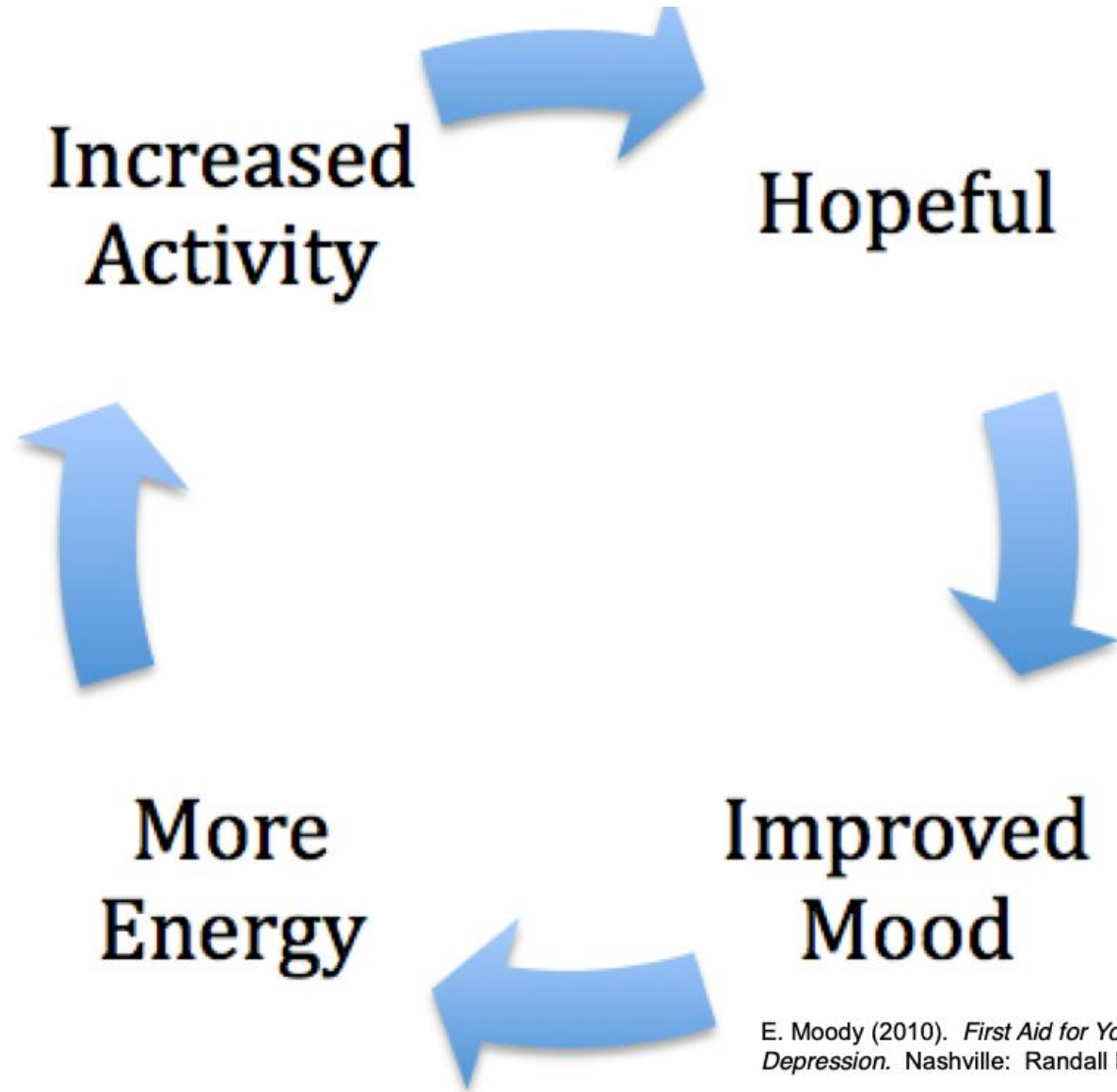


Develop a
routine.

And the angel of the Lord came again **a second time** and touched him and said, “Arise and eat, for the journey is too great for you.” And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.

1 Kings 19:7-8






E. Moody (2010). *First Aid for Your Emotional Hurts: Depression*. Nashville: Randall House Publishing.

There he came to a cave and lodged in it. And behold, the word of the Lord came to him, and he said to him, **“What are you doing here, Elijah?”**

1 Kings 19:9



He said, “I have been very jealous for the Lord, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.”

1 Kings 19:10





Get outside.

And he said, “**Go out** and stand on the mount before the Lord.” And behold, the Lord passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the Lord, but the Lord was not in the wind. And after the wind an earthquake, but the Lord was not in the earthquake.

1 Kings 19:11



And after the earthquake a fire, but the Lord was not in the fire. And after the fire the sound of a low whisper. And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And behold, there came a voice to him and said, **“What are you doing here, Elijah?”**

1 Kings 19:12-13



Address your
thinking.

He said, “I have been very jealous for the Lord, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even **I only, am left**, and they seek my life, to take it away.”

1 Kings 19:14

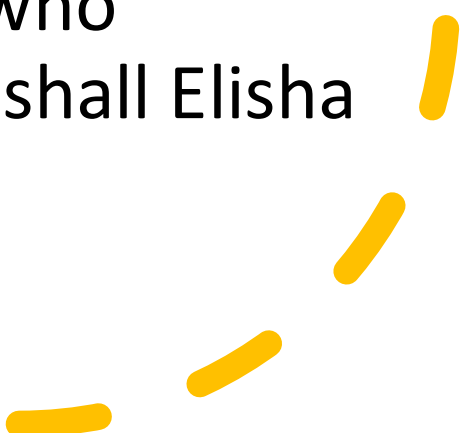




Address your
problem(s).

And the Lord said to him, “Go, return on your way to the wilderness of Damascus. And when you arrive, you shall anoint Hazael to be king over Syria. And Jehu the son of Nimshi you shall anoint to be king over Israel, and Elisha the son of Shaphat of Abel-meholah you shall anoint to be prophet in your place. And the one who escapes from the sword of Hazael shall Jehu put to death, and the one who escapes from the sword of Jehu shall Elisha put to death.

1 Kings 19:15-17



PROBLEM (1 KINGS 19:2, 10, 14)



SOLUTION (1 KINGS 19:15-18)



ACTION (1 KINGS 19:19)

Focus on the
truth.

Yet I will leave **seven thousand** in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him.

1 Kings 19:18






Focus on
others.

So he departed from there and found Elisha the son of Shaphat, who was plowing with twelve yoke of oxen in front of him, and he was with the twelfth. Elijah passed by him and cast his cloak upon him. And he left the oxen and ran after Elijah and said, “Let me kiss my father and my mother, and then I will follow you.” And he said to him, “Go back again, for what have I done to you?”

1 Kings 19:19-20





Focus on
God.

And he returned from following him and took the yoke of oxen and sacrificed them and boiled their flesh with the yokes of the oxen and gave it to the people, and they ate. Then he arose and went after Elijah and assisted him.

1 Kings 19:21



Ahab said to Elijah, “**Have you found me**, O my enemy?” He answered, “I have found you, because you have sold yourself to do what is evil in the sight of the Lord. Behold, I will bring disaster upon you. I will utterly burn you up, and will cut off from Ahab every male, bond or free, in Israel.

1 Kings 21:20-21



Giuseppe Angeli: *Elijah Taken Up in a Chariot of Fire*

Finding Your Way Out of the Cave

1 Kings 19



Ferdinand Bol *Elijah Fed by an Angel*