



## Finding Your Way Out of the Cave

1 Kings 19

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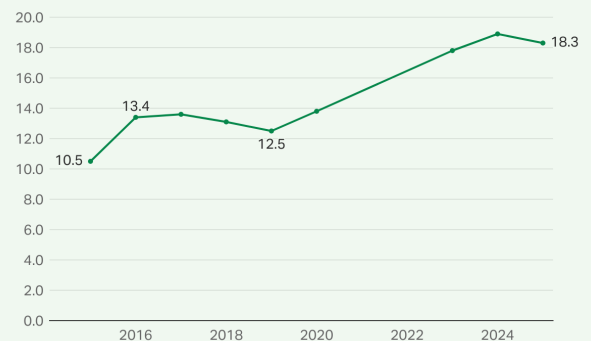
There are an estimated \_\_\_\_\_ people within a 15-minute drive of your church that struggle with depression.

What happened? What increases our risk for depression?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

### U.S. Adult Depression Rate Now Exceeds 18%

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



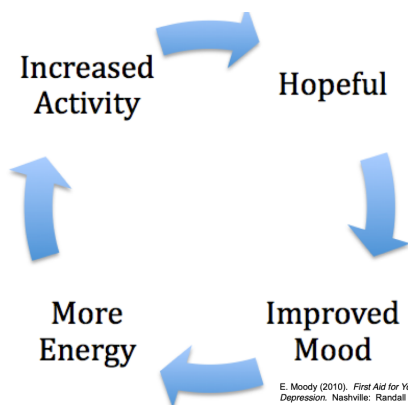
Source: Gallup Panel. 2025 results based on n=11,288 randomly selected U.S. adults. Data not available in 2021 and 2022.

GALLUP

What did God do? How can we defeat depression?

Address the \_\_\_\_\_.

Develop a \_\_\_\_\_.



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

Get \_\_\_\_\_.

Address your \_\_\_\_\_.

Address your \_\_\_\_\_.

Focus on the \_\_\_\_\_.

Focus on \_\_\_\_\_.

Focus on \_\_\_\_\_.

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

SOLUTION (1 KINGS 19:15-18)

ACTION (1 KINGS 19:19)

**Answer the Call**  
**Luke 10:25-37**

**The Need:** \_\_\_\_\_ million people 12 and over will have a mental health problem.

\_\_\_\_\_ in \_\_\_\_\_ Americans will experience a mental health problem at some point in their lives.

Everyone needs to \_\_\_\_\_ and be \_\_\_\_\_ to perform emotional first aid.

Answer the call to be \_\_\_\_\_.

Answer the call to be \_\_\_\_\_.

Answer the call to be \_\_\_\_\_.

Answer the call to \_\_\_\_\_ to them.

**What tools do you have?**

- \_\_\_\_\_
- The \_\_\_\_\_
- Your \_\_\_\_\_
- Your \_\_\_\_\_
- The \_\_\_\_\_
- Your \_\_\_\_\_

Email us at [questions@nafwb.org](mailto:questions@nafwb.org)  
or go to [nafwb.org/FirstAid/](http://nafwb.org/FirstAid/).

