**Logged Out: Depression-The Minister’s Mental Health**

**1 Kings 19:1-8**

**“Depression-The Minister’s Mental”**

**Heed your highs. (vv. 1-3)**

 **Accomplishments for God aren’t meant to replace intimacy with God.**

**Hand your heart. (v. 4)**

 **Prayer should NEVER be about impressing God but about pressing into God.**

**Have your help. (vv. 5-8)**

 **Differentiate between your right-nows and your ride-or-dies.**

 **Do your “friends” energize or eviscerate?**

**Homework:**

1. **Who is your angel? Do you have one?**
2. **Who needs an angel? Who needs you to be their angel?**