



Title | A Crushed Spirit
Series | Enhancing Your
Emotional Intelligence
Text | Proverbs 18:14
By | Bob Kerrey
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Sermon Notes

Proverbs 18:14
A man's spirit
will endure sickness,
but a crushed spirit
who can bear?

ESV

Big Idea:

Text questions during the sermon: 623-850-8809

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For Reflection & Application:

Monday:

Read Proverbs 18:14. Can you recall times when your spirit has been crushed? Why do you think Solomon raises a question he does not explicitly answer?

Tuesday:

Read 1 Kings 18:17-19:18. Why do you think Elijah is so afraid of the threat of just one person, Jezebel, when he has just experienced great victory over hundreds?

Wednesday:

From 1 Kings 19:3-5, 9-10, what specific symptoms do you see that Elijah's spirit is crushed? To what extent have you experienced similar symptoms?

Thursday:

From 1 Kings 18:39, 46; 19:1, what specific contributors to Elijah's depression do you see? To what extent are you experiencing these contributors now?

Friday:

From 1 Kings 19:5-18, how does God help Elijah? How can this example help you in dealing with depression?

Daily Prayer:

Lord, help me to rediscover an abiding truth: you meet me where I am when my spirit is crushed. And because you do, I can bear it. Thank you.

Amen.