

# 5 COMMON TRIGGERS FOR DEPRESSION



## A SPIRITUAL CONTEXT

**HANNAH**  
ISAMUEL 1:10-11

1



### BIOLOGICAL

Hannah's inability to conceive brought great emotional misery.

**ELIJAH**  
KINGS 19

2



### STRESS

Elijah was fearful and overwhelmed at life, and this caused him to want to give up.

**JOB**  
THE BOOK OF JOB

3



### SITUATIONAL

Job's temporary tragedies caused hopelessness.

**DAVID**  
PSALM 31

4



### SOCIAL

David constantly struggled with relationships which impacted his emotions.

**JESUS**  
MARK 14:33-34

5



### SPIRITUAL

We will never know the impact of the spiritual battle Jesus fought in Gethsemane.