

reGROUPS | THE GOSPEL ACCORDING TO MENTAL HEALTH [pt 3]

April 21, 2024 // DEPRESSION

Text: Proverbs 12:25; Job 1:1-5, 13-22; Psalm 42:6-11

Topics: mental health, depression, positioning, choice

TALK-IT-OVER

OPENER #1: Have you seen *Forest Gump*? If so, what's your favorite scene?

OPENER #2: What's your favorite card game? Why?

TRANSITION (by saying something like this...)

This morning, we talked about how *"life is like a box of chocolates, you never know what you're going to get."* Life can feel like we've been dealt a mix of cards that do not equal a winning hand. But God has given us a "WILD CARD"...that if played...causes us to win. That *"wild card"* is choice. The big question is if we will choose to trust God (like Job) no matter what we experience on this side of eternity or not.

Discussion Questions

1. Which part of this message was most impactful for you and why?
2. What are your thoughts on depression? Have you (or someone you've known) experienced depression?
3. The four root causes of depression are **biological, relational, circumstantial, and spiritual**.
 - Is there one cause that resonates with you more than the others?
4. Talk about a time when God brought you hope and help in a difficult moment.
 - What did you learn about Him through that experience?
5. What good choices can you make when you feel hopeless?
 - *Suggestion:* write these choice down ahead of time, as it may be too difficult to think of them in the midst of hard times.
 - *Follow-up:* What choices can you make biologically, relationally, circumstantially, and spiritually?
6. *Fun Question:* Do you have a "go-to" verse (or Bible passage) that speaks life into your soul when you feel the weight of life?
7. **DEEPER:** How are you going to think (or live) differently considering what you have heard and discussed this week?
8. How can we pray for you?

FOUR CAUSES OF DEPRESSION: biological, relational, circumstantial, spiritual

We can't always choose our struggles, but we can choose our response.

You can't control what happens to you...but you can control how you frame it.

STEPS TO DEALING WITH DEPRESSION

1. Recognize & Acknowledge
2. Feel the emotions, but remember they are not permanent.
3. Although your situation may feel hopeless, remember with God there is always hope.
4. Seek God & position yourself for His provision

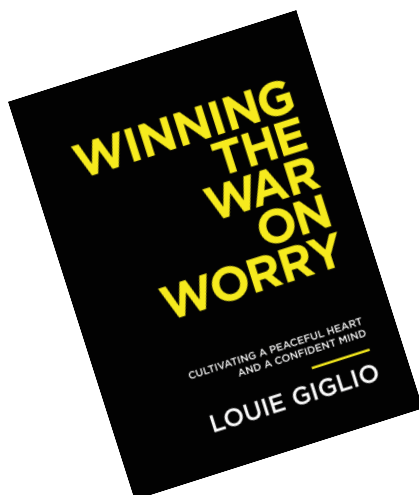
God is not going to bless you where you're not supposed to be.

- It's difficult for the *peace of God* to flow into a heart that is in *constant motion*.
- We don't need a *solution*; we need a *Savior*.
- Depression is not a sign of weakness. It's a sign that you need God.
- Depression not surrendered to God turns dangerous.

**I AM ALIVE TO LOVE GOD AND SERVE HIS WORLD
BY REFLECTING HIS GOODNESS IN MY THOUGHTS, ATTITUDES & ACTIONS**

**I WAS CREATED WITH PURPOSE AND VALUE,
NO MATTER HOW I SEE MYSELF OR WHAT I'M STRUGGLING WITH**

**GOD DESIGNED ME TO LIVE IN THE COMMUNITY OF GOD'S PEOPLE
WHERE MY FAITH & RELATIONSHIPS ARE STRENGTHENED**



← **Book Recommendation**