



GROUPS DISCUSSION GUIDE

WEEK Sep 26 – Oct 2

NOTES:

- In sharing & receiving one another in love, remember not to “fix” or explain away other’s pain. Be present, listen, and encourage.
- All of us experience sadness or even loss of hope. Some of us might only have moments of sadness while others might have regular depression. We aren’t playing the comparison game so just share from the place you know.

MAIN IDEA

Depression can be the “check engine” light in our souls. God can use our darkest seasons to draw us closer to Him.

CHECK IN (HIGHS & LOWS) 15 min

A great, quick way to catch the highlights of what is happening in the lives of the people in your group is to take turns quickly sharing the “highs & lows” of your week. High: What was the highlight of your week? Low: What was the low point of your week?

SETTLE IN (ICE BREAKER) 10 min

1. Describe the happiest day of your life.

DIG IN (UNDERSTANDING) 15 min

2. Read 1 Kings 19:1-18. God has just given His prophet Elijah a great victory, but instead of joy, what emotions does Elijah experience in verses 3-4? Describe a time in your life when depression came on the heels of a spiritual high or as a result of fear of something?

3. How does God tend to Elijah’s physical needs in verses 5-9? What does the angel know lies ahead of Elijah? Has lack of tending to your whole person ever led to a spiritual drought in your life? Are you in the midst of one now? What aspect of your life—physical, mental, emotional, or spiritual—might God be asking you to tend to?
4. How does God show up while Elijah is in the cave (vv. 11-13)? What true but negative things has Elijah believed that have caused him to arrive at false conclusions (verses 10 & 14)? God sends Elijah back on mission with what truth from (v. 18)? What true but negative things may the enemy be accusing you of right now and you need God to intervene and stop the momentum? Spend some time praying for each other.
5. Read Psalm 42. What pattern do you notice between the first half of this Psalm (vv. 1-5) and the second half (vv. 6-11)? Have you ever asked questions of your depression like the psalmist does in v. 5 and v. 11?
6. What action words does the psalmist use to ward off his depression? What action step might God be asking you to take? Seeking out professional help? Remembering with gratitude His work in your life? Praising Him in corporate worship?

GEAR UP (APPLICATION) 20 min

7. What have you learned or re-learned about God today?
8. How is He asking you to apply biblical truth to your life this week? Is there a specific application?

STEP UP (HOMEWORK) 5 min

9. Continue to devote yourself to God’s Word together. This devotional is about finding God in your depression but applies to everyone. <https://www.bible.com/reading-plans/15876-finding-god-in-your-depression>
10. It is absolutely okay and wise to seek out professional help if you’re walking in depression. Our church would be happy to set you up with a counselor to help you take a step toward recovery. Just contact the church office for more information.