



01/31/2021 "Overcoming Depression"

1. What resonated with you most from Sunday's message? Why?
2. Were you surprised by the fact that 20-25% of all adults will face depression?
3. Have you ever considered that some of the biblical characters faced depression? Is this surprising? (Pastor Derek referenced Jeremiah 20:18 and Psalm 32:3-4)
4. Read Psalm 77. What does the author of this psalm do during his time of distress?
5. What part(s) of this psalm do you relate with? Why?
6. What is often the hardest part in transitioning from the pain of the moment (Psalm 77:1-9) to trust in God (Psalm 77:10-20)?
7. Psalm 77 reminds us and challenges us to cry out to God and to look to him. Which one—"cry out" or "look to"—do you find hardest?
8. What do you need to remember that will help you get through your current challenge?
9. How will you begin shifting your focus to who God is, what he has done and what he says?
10. Pastor Derek, gave a list of scriptures that are powerful for trading in our pain and helping us cry out and look up to God—you can see them on page two of this guide. Which one do you feel is most important for you right now?
11. Take time for each member to share their answer to question 10, then use that passage as a focus for your prayer time as a group.

If you're struggling with depression and need professional help, we recommend you talk to your primary care physician.

Scriptures referenced in Sunday's message that pertain to question 10

I can't figure it out. I will direct your steps. Proverbs 3:5-6

I'm too tired. I will give you rest. Matthew 11:28-30

It's impossible. All things are possible. Luke 18:27

Nobody loves me. I love you. John 3:16

I can't forgive myself. I forgive you. Romans 8:1

It's not worth it. It will be worth it. Romans 8:28

I'm not able. I am able. 2 Corinthians 9:8

I can't go on. My grace is sufficient for you. 2 Corinthians 12:9

I can't do it. You can do all things. Philippians 4:13

I can't manage. I will supply all your needs. Philippians 4:19

I'm afraid. I have not given you a spirit of fear. 2 Timothy 1:7

I feel all alone. I am always with you. Hebrews 13:5

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