

# WHAT'S YOUR PROBLEM

Depression

November 25, 2018

## Scripture:

**1 Kings 19, Psalm 42**

## Last Week:

Chad focused on dealing with the “hard to love” people and gave us some tools to think about. Actions we can take before we walk into any setting where we are going to encounter other people...

- Love with intention effort
- Recognize that everyone has value and purpose
- Invite God to make the change
- Make Peace your target

How did apply last weeks discussion on people in your life? What happened at Thanksgiving dinner last week?

## Icebreaker:

Have you ever had a midlife crisis or seen a family member go through it? Explain what it was like.

What types of things tend to get you down the most?

## Introduction:

This week, Andy discussed the number one health problem in the world-depression. While we are quick to show grace and empathy for those who struggle with physical illness, a stigma tends to remain when it comes to talking about depression. This stigma often results in those suffering to not receive the help they need. This week's message let us know...It's okay not to be okay. So we want to create an environment where we can safely express this and ask the right questions, so we can find the right answers, instead of acting like we have it all together and we're all okay.

## Digging Deeper:

What stood out to you this week from the message?

## Read 1 Kings 19:1-3

How does fear sometimes create depression? What types of fears have a grip on your life?

## Read 1 Kings 19:3-5

There are 4 common contributors to depression illustrated here:

- Elijah wore himself out
- Elijah shut people out
- Elijah focused on the negative
- Elijah forgot the faithfulness of God

Of these 4, which one is your most common challenge in your own life?

In what areas of your life are you exhausted? What are some things you can do starting today to help relieve that exhaustion?

## Read 1 Kings 19:5-8

The most spiritual thing we can do is rest. While that sounds so easy, why is it so hard for most of us to rest? What are some things you can do to have more rest in your life?

## Read 1 Kings 19:9-10

What lie did Elijah believe? Have you ever believed something similar? How did God reveal His truth to you?

## Read 1 Kings 19:11-12

God spoke to Elijah through a gentle whisper. Describe a time God spoke to you that way. What did He say to you?

## Read 1 Kings 19:15-16

God encouraged Elijah: to eat and rest, to believe truth instead of lies, to listen to His voice, and to get back to doing what prophets do. Which of these areas resonate with you most? Why?

## Challenge:

It's likely we all know someone that is currently struggling with a difficult situation or may be battling depression. Take what you have learned and put it into action by doing something for that person. One idea is to focus help them get the needed rest. Take care of something for them, so they can rest.

- Prepare some meals and take them to their house
- Offer to help with housework or run some errands for them
- Help meet a financial need for that person
- Take that person out to dinner and a movie. Give them fun
- Babysit their children to allow that person some time to rest
- Send that person some letters, cards or emails from your group