

# SMALL GROUP QUESTIONS

*Shadows: Week 2 — The Shadow of Darkness — 10.30.19*

**Purpose of Groups:** For students to identify what they struggle with and what they can do to help move forward from it.

**GROUP EXPECTATION:** no interrupting, be respectful, no rude comments, encourage, what is said in group STAYS in group!

## **ANNOUNCEMENTS:**

- **Shadows** — a few expectations: what is said here stays here, phones away, side conversations to a stop for now, let's respect each other...

## **ICE BREAKER:**

(**LEADERS:** I have moved the 'Ice Breaker' type questions toward the end so that coming out of the message, potentially with raw emotions, you can dive in then bring the energy back up at the end of the conversation...)

## **MESSAGE REVIEW QUESTIONS:**

- 1) Did many of you before coming into tonight not really know what anxiety, depression, and suicide were? (**FOLLOW UP:** how often do those topics actually come up in your day to day life? [anything from conversations with friends, TV shows, movies, books, YouTube, wherever])
- 2) Are there times in your life that you feel like that "tent" — God — is far away or almost not near at all? What was some of those moments? (They might even be now...)
- 3) Let's jump for a few minutes into those three main shadows we talked about today: Suicide, depression, and anxiety.
  - a) How many of you would say you have or currently do struggle with anxiety?
    - i) What do you think brings on that anxiety? Can you pinpoint it?
    - ii) What are some ways you have found that help you deal with it...?
  - b) How many of you would say that you have or currently do struggle with depression?
    - i) What does that depression look like for you personally?
    - ii) How have you found ways to help deal with the depression?
  - c) How many of you would say that you have or currently are struggling with suicidal thoughts?
    - i) What makes you feel like you shouldn't be alive anymore? What is it that causes you to go to those thoughts?
    - ii) Just by a show of hands, no verbal response needed, how many of you would say you are currently struggling with this...? (**FOLLOW UP:** do you currently want to take your own life?) (**LEADERS: PLEASE TAKE NOTE OF ANYONE WHO SAYS YES — THOSE ARE THE ONES YOU NEED TO PULL ASIDE AFTER AND BRING ROBERT IN!**)

- iii) Having those feelings is hard, but what you need to know is that we are here for you. We want to help you because we love you and want to see you here next week, and the week after that, and the week after that. We care about you.
- 4) What makes these topics so hard to vocalize and talk about?
- 5) Who are some people that you would go and talk to about these topics? (**LEADERS:** push this one, make them think of SOMEONE they can talk to...)
- 6) **CHALLENGE:**
  - a) What are some ways that you want to try this week to remove yourself from the shadow of darkness? (*Examples:* reading the Bible more, praying more in those moments, talking to someone, writing it down, exercising) What do you think will work for you?

I would encourage you to end that discussion with prayer and then, if time permits, move into Highs and Lows.

**PRAYER REQUESTS/PRAYING AS A GROUP**  
**PLEASE STAY IN YOUR LOCATIONS TILL 8:20PM**