

May 10th Message Discussion Guide

Series - "Masks"

Message - "I'm Fine"

Description: How to win the battle against anxiety and depression

Icebreaker question - Curiously, when things fully open backup, including all sit down restaurants. What is the first sit down restaurant that you want to visit?

1. **Why is anxiety and depression so hard for people to open up and talk about and why do most people hide behind the cover up of "I'm fine"?**
2. **Why do you think that most people think either they can just "get over it" or "self-correct" their battles with either anxiety or depression?**
3. **Have you or anyone in your family or close friends ever struggled with anxiety or depression, either mild or severe?**
4. Read Proverbs 18:14 - The "spirit" in this verse refers to the "inner-being" that all of us have. The Bible describes humans as being made up of both a physical body and a spirit.
  - a. **What are some differences between our physical bodies and our spirits (or "inner-beings")**
  - b. **What is the big difference between facing physical issues versus issues with our "inner-being" or spirit?**
5. Knowing that our body and spirit are so closely connected, and inseparable, anxiety and/or depression typically affects both. **Why is addressing anxiety/depression so complex?**
6. Proverbs 14:10 - No one fully will ever understand what someone else is facing, because only you are experiencing what is going on inside of you.
  - a. **Why is it still important to open up and talk with someone about your struggles with anxiety and depression when you are going through them?**
  - b. **How can we help "probe" and engage people we think may be struggling and just will not talk about it?**
  - c. **How can we become a safe person for them to talk to?**
7. Proverbs 16:2 - God is the only one who understands all of us, especially what is going on within our spirit.
  - a. Pastor Mark said that medications at times are helpful to help address the chemical imbalances in your body that help contribute to anxiety or depression. **However, What is wrong with just throwing medication at anxiety and/or depression without seeking full restoration that can only come from God?**
8. The word Immanuel is a title given to Jesus that means "God with us." In fact, this is a essential part of the Gospel, that God became a man, in order to bear the sins of man kind. Being saved by Jesus not only means that are forgiven, but it also means we have been reconciled to God and He now lives inside of us. Therefore, Immanuel is always with the believer

- a. How does this change the way we fight depression and anxiety and the way we counsel others to fight anxiety and depression?**

Prayer - Take time and pray for God to use each person in your group to be a safe person for those who have struggle with these mental disorders and to be a rock in their lives to help them fight the good fight.