Hope Beyond Depression

Small Group
Discussion Questions

1. What part of the sermon stood out most to you and why?

2. Did you relate to the topic of this sermon? When in your life have you had to deal with depression?

3. Do you believe that depression is more of a spiritual battle, or a medical battle? Explain.

4. Biblical Transparency: What mask (or coping pattern) do you tend to hide behind (avoidance, perfectionism, jokes, self-blame, "I'm fine," etc.)? What would it look like this week to be honest about what you're feeling in a safe way?

5. Biblical Community: Which "safe place" are you challenged you to strengthen in your life? (worship/1:1/or gathered, small group, trusted friend/counselor/accountability)

6. Biblical Faith: The paralyzed man and his friends were determined to get to Jesus. How determined are you to be healed and set free? What concrete next step can you take to pursue Jesus this week?

7. Psalm 40:2 describes being drawn out of a pit and set on a rock. What "pit" are you needing God to pull you out of or at least hold you through? What would strengthen your trust in God right now: prayer, Scripture, support from community, or faith-filled action?

8. What is the one thing you want to take away from this study to remember or to make a change in your life?