



sermon follow-up guide
Week 6: Feelings of Depression



GET GOING-

Tonight you're going to have the opportunity to lie! Who would've thought that would happen at a church group?

- **Doubt It**

Everyone comes up with two truths about themselves and one lie. The others in your group have to guess what the lie is. The object of the game is to throw others off, having them mistake the lie for truth.

GET PERSONAL

1. What was something that really struck you from this week's message?
 2. When you heard Phillip's story, what, if any, struggles did you find yourself relating to?
 3. Mark mentioned four stages of depression: disappointment, discontentment, despair, and destructiveness. If you feel comfortable sharing, how far down the cycle have you found yourself?
 4. How have you been tempted to deny depression in your life? Why do you think people feel the need to deny these emotions, especially in the context of the christian life?
- *There are a lot of factors involved with feelings of depression. We're going to spend some time tonight talking about those factors and some pathways out of the downward spiral that we can easily find ourselves in.*

Read 1 Kings 19:6-8

5. Mark shared that one cause of depression relates to our physical needs. How was this true in Elijah's life? How have you seen this in your own life?
6. How can taking time for rest and refreshment help us in our times of depression?

My feelings do not define truth.

Read 1 Kings 19:9-10

7. Another factor in times of depression is related to our emotions. What feelings does Elijah spill out before God? How can venting our feelings to God help us in times of depression? Is that something you're in the habit of doing?
8. Why is it important to have a group of people, like a small group, in our lives that we can vent to?

Read 1 Kings 19:11-15

9. Elijah had to remember truth and confront the lies in his circumstances. What was the truth that God revealed to him? What were the lies that he needed to confront?
11. Why is it vital to be reminded of God's truth in the middle of our depression? What are some practical ways we can remember the truth of God's character?

WHAT'S NEXT?

Read Psalm 103

12. In this Psalm, David speaks truth to his feelings. How can getting in the habit of remembering God's Word help us not let our feelings define truth?

PRAY

For tonight's prayer time, spend some time reminding one another of the truth that comes from God's Word. Thank God for His relentless pursuit of our hearts. Thank Him for His faithfulness and that He will never leave or forsake us.

DON'T FORGET

Encourage your group members to check out these passages during the week to keep the learning going and their relationship with God growing.

Matthew 26:38-43, Romans 8:28-39, Psalm 42, Job 19:23-27, Philippians 4:6-9

For further application, use the App Notes which are posted each day on our Facebook Page. If you've missed this week's message, you can watch online at parkerhill.org