



JESUS AND MENTAL HEALTH

Depression

Introduction

The people of the Bible weren't heroes to emulate but broken people who trusted God to save them. The greatest Christians in history were not those that God delivered from all pain and misery but those he delivered through pain and misery. Faith starts with honesty before God. But it doesn't stop there.

Pray

Don't forget that if anything significant happens, it's because God moved. Start by asking God to bless this time.

Practice Truth

1. When you start to get discouraged, what's your go-to way of preventing it from turning into despair?
2. What are some things that bring you hope?
3. Which part of this message or series was helpful to you?
4. How were things going for Elijah's life up until the 1 Kings 19 story? Did God seem present for him in the his immediate past? What does this tell us about depression?
5. Of the four factors that contributed to Elijah's depression—running ourselves into the ground, shutting people out, focusing on the negative, and forgetting God—which mistake do you struggle with most?
6. How can you communicate to someone today that they are not alone and there is hope?

Do Life Together

Share a time when God brought you hope and help in a difficult moment. What did you learn about Him through that experience?