

LARGE GROUP DISCUSSION QUESTIONS 4.29.20 - DEPRESSION

Tonight, we looked at some people in the Bible who struggled with feelings of depression. Through the story of Elijah, we see that:

- 1.) Depression is often associated with WRONG THINKING.
- 2.) ISOLATION is associated with depression.

We talked about the importance of RENEWING our minds with truth, as well as surrounding ourselves with people who can come alongside us.

DISCUSS:

- What stood out to you the most?
- In what ways have you let your mind “ruminate” on wrong thinking?
 - What has brought you out of that?
 - Feel free as a group to spend some time talking about the lies each student believes, and find scripture to combat them!
- Describe a time you have felt isolated from others?
- Have you intentionally isolated yourself from others emotionally? If so, why? What were the results?
- Why do you think Satan loves when we isolate ourselves emotionally?
- Is anyone willing to share something that they have been keeping inside?
- What are some practical steps you can take in response to this lesson? (e.g., get vulnerable with someone, memorize verses that combat the lies, accountability, etc.)

DIVE DEEPER

Read Psalm 88 together as a group. Unlike the passages we discussed tonight, this Psalm does not have a “happy ending.” Discuss in your group:

- What do you think the purpose of this passage is?
- How can you relate to the things in this passage?
- Do you see any “wrong thinking” in this passage?
 - Try to get your students to see that Heman is blaming God for all the awful things done to him in his life. As far as we know, he has no evidence of that.
 - When have you ever blamed God?
- Compare Psalm 6 with Psalm 88.
 - What are some similarities (both commenting about being useless in the afterlife; David blames evildoers, while Heman blames God)

Read the rest of 1 Kings 19 (5-18), to see how God responded to Elijah’s depression.

- God took care of him physically (rest and food); reminded Elijah who He is (power and presence); gave Elijah a helper (Elisha); and reminded Elijah his purpose!