

# bridgeway GROUPS

## **SERIES INTRO:**

In this series we explore the struggles of mental health and how the Bible speaks into them.

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## **DISCUSSION GUIDE:      November 17 - Justin Gill**

“God & Depression”

**LIFE:** What is something you're looking forward to this week?

### **ENGAGE THE MESSAGE:**

1. **Read Isaiah 53:1-4, Psalm 13:1-6.**
2. What does it mean to you as you hear that God hurts when you hurt? If you are a parent, can you relate to how you feel when your own kids hurt?
3. God wants us to seek Him when we are in pain. Are you doing this? If not, can you think of ways in which you can be reminded to seek Him?
4. **Read Jeremiah 17:9.** What can be wrong with the saying, “Follow your heart”? How often do you listen to your heart or your mind over God's Word?
5. The Enemy will tempt us to believe lies in times of depression. One of the lies is, “You have no value.” Have you “heard” this lie? Where does your value come from?
6. Another lie is, “There is no hope.” Where does your hope come from? Take time now to **read Psalm 121**, which is a beautiful short Psalm reminding us of the truth.
7. What are some other lies that people might be tempted to believe when they are depressed? Listen for these lies within yourself and others and be prepared to speak God's truth found in the Bible.

**MAKE DISCIPLES:** Who can you invite to this sermon series on Sunday? Who can you invite to the Watch Party on November 24, 12p-4p?