



Part 1: Depression

Big Idea

This week, Pastor Chris discusses the number one health problem in the world—depression. While we show grace and empathy for those who struggle with physical illness, a stigma tends to remain when it comes to talking about depression. This stigma often prevents those suffering from depression from receiving the help they need.

While Pastor Chris is not a doctor, he does share how we can fight depression from a biblical standpoint and how important it is to understand that our illness is not our identity. It's okay to not be okay—sickness is not a sin.

To avoid giving the enemy a foothold that could lead to fear, anxiety, and depression, we should avoid four traps: faulty thinking, living in isolation, letting our feelings and emotions lead us, and falling into the comparison trap. There are countless examples in the Bible of those who suffered due to falling victim to one of these four traps, and we can learn from them so as not to make the same mistakes.

Not only should we avoid those four traps, we can also battle depression by getting physically healthy, pouring our hearts out to God, experiencing the power and presence of God, and letting Him give us a new purpose and direction in life.

A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken. (Ecclesiastes 4:12 NLT)

Discussion Questions

- Has there been a season you ruminated on bitterness, despair, or fear and allowed it to shape your perspective? What healthy ways did you use to resolve this? What unhealthy ways did you try? How would you handle it now?
- What areas in your life could be made better by getting physically or spiritually healthier or by drawing closer to others?
- Have you discovered your purpose and the direction that God has for your life? How can knowing your purpose give perspective to your life regardless of the season?

Prayer Focus

Ask God to reveal ways in which you can grow more spiritually healthy. Ask Him to show you any things you should reduce or remove from your life that have become sources of destruction, fear, or depression.

Next Steps

Identify people with whom you can share your life. If you have no one you can talk to, search out new relationships in which you can take off the mask and share what's really going on. Small Groups are a great way to meet people with whom you can share. The fall semester just started, and you can find a group by searching the Small Groups Directory on churchofthehighlands.com!

Leader Tip

Lead by example and share your own struggles and the steps you took to overcome them. Encourage your team to take their own steps toward becoming more honest with those they're in relationship with. Encourage those who have more experience and wisdom to pour into someone younger than them and help guide them to walk in God's Truth.