



## DEPRESSION

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### Icebreaker Question

What is the most recent thing that made you sad? How did you deal with it?

### Watch the Sermon Summary Video Clip

### Key Teaching Points & Scriptures

**Depression is a long-standing pandemic. We need to treat it like the health issue that it is.**

**We don't leave physically open wounds untreated. Let's treat our open mental wounds too.**

#### PSALM 40 (KJV)

**1** I waited patiently for the Lord; and he inclined unto me, and heard my cry.

**2** He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings.

**3** And he hath put a new song in my mouth, even praise unto our God: many shall see it, and fear, and shall trust in the Lord.

#### What David's song teaches us about depression...

1. Depression is like being stuck in a muddy pit. (we can't get out on our own)
2. Incredible patience is required to overcome depression.
3. God hears you.
4. A key to dealing with depression is a firm foundation.
  - ❖ MVP
  - ❖ God MADE me.
  - ❖ I have great VALUE to God.
  - ❖ The life God has given me has PURPOSE.
5. A key to dealing with depression is having "established goings."
6. If you are depressed, try finding your song to God.
7. God wants to use your depression to point others to Him.

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### **Next Steps:**

1. Determine to keep crying out to God, knowing He hears you.
2. Hold the rope for the depressed.

## **Discussion Questions**

Have you ever been depressed personally? If you have ever been depressed, what part of this teaching do you really agree with based on your own personal experience. Is there any part of the teaching you disagree with?

Do you feel like there is still a stigma regarding treating depression with medicine and as a physiological issue? Do you agree with Bill that we should work to break that stigma? Why or why not?

Which of the 7 depression takeaways from Psalm 40 are the most impactful to you personally?

What would be your best advice for someone who is depressed?

From a depressed person's perspective, what advice would you give a Christian who may have never been depressed?

What "established goings" have helped you in your life?

If you have one, what is your current "God song"?

What are you crying out to God the most about right now at this point in your life?

Who do you think God is leading you to "hold the rope" for right now?

## **Pray**

As you close your discussion time in prayer, consider saying these things to the Father...

- Father, help me to believe you hear my prayers, even when I don't feel it.
- Father, rescue the depressed from their miry pits.
- Father, use me to hold the rope for the people you've placed in my life who are hurting with depression.
- Father, thank you that you love me just as much when I'm depressed as you do when I am joyful.
- Father, put my feet back on solid rock.
- Father, establish my goings.
- Father, put a new song in my mouth to you.
- Father, I love you and trust you even when I feel stuck in a pit.