

FISHING CREEK ARBOR

LifeGROUPS

DISCUSSION QUESTIONS

Sunday, June 2nd

"The Deprivation of
Depression"

(1 Kings 19:1-18)

**Contribute to the discussion if you
feel led to share! Use of Scripture is
encouraged!**

- 1) Read Hebrews 10:24-25. How does isolation tend to make depression worse rather than lead to healing? Why is biblical community so important in all areas of life, but especially in regards to depression?

- 2) How can we support one another when someone is going through depression?

- 3) One of the main triggers for depression can be burnout due us overworking ourselves. What does it look like to intentionally rest in a way that refreshes our body, mind, and especially our soul?

Take Home/Challenge Question:

Memorize 2 Timothy 1:7 - "For God gave us a spirit not of fear but of power and love and self-control."