

April 28th, 2024

The Practice of Peace

Proverbs 12:25 NKJV; Lamentations 3:1-2, 5-8, 17-20, 21-23, 24-26 NIV

1. Which part of this message was most impactful for you and why?
 2. The four root causes of depression are biological, relational, circumstantial, and spiritual. Is there one cause that resonates with you the most in this season? How could you start addressing that issue with God's truth?
- Read **Lamentations 3:21-23**. What are some things that help you remember God's love and goodness in the midst of difficult seasons?

- How do you typically handle negative or depressing thoughts and feelings? What would it look like to validate your emotions and label your feelings while also remembering they aren't permanent?

- Talk about a time when you felt God brought you hope and help in a difficult moment. What did you learn about Him through that experience?

Closing in Prayer

Start praying. Be bold and pray with power.

Father, thank you for giving us emotions. Please help us name our emotions so we can change our emotions. Remind us that even when we feel hopeless. You are near, and you are our source of hope. In Jesus' name, Amen.

Start doing. Commit to a step and live it out this week.

- Consider how you could love others by serving on Sundays or with a local community non-profit.