CHRISTCOMMUNITY

Gospel. Spirit. Mission.

Questions for eGroup Discussion

When I Feel Depressed

July 21-22, 2018

Alan Kraft, Lead Pastor

How to Use This Guide in a Group Setting

Group Participants: Review your notes from the message and ask the Holy Spirit to continue to speak to you about your life. Come to eGroup prepared to participate. Watch the message online if you missed it live.

Group Leaders: Give everyone the chance to share, focusing on the questions that connect most with your group. Don't feel you must answer every question. If someone missed the message, allow time for others to fill them in on the main points and highlights.

Getting Started

Do you feel comfortable having conversations about depression or have you felt social pressure to not bring this topic up? Why do you feel one way or the other?

Embrace the Gospel

In our eGroup discussion guides, we're utilizing a simple structure for studying the Bible together, based on the acronym S.O.A.P. ...

Spirit: *Invite The Holy Spirit To Speak To You and To Guide Your Discussion*

Begin by praying and inviting the Spirit's activity into your discussion and application of God's Word.

Embrace the Gospel

Observation: *What Does This Passage Say?*

Read Psalm 42 aloud.

From these verses and Pastor Alan's message, what stands out to you, intrigues you, inspires you, or creates some tension for you?

As you dig deeper into this passage, I encourage you to not minimize your own struggles with depression due to viewing them as less intense than what you've seen in others.

Vs. 9 of this Psalm states, "I say to God my Rock, why have you forgotten me?"

When, if ever, have you felt forgotten by God?

The psalmist writes in vs. 3, "My tears have been my food day and night." Are you encouraged or discouraged that someone so close to God would write such painful words? Elaborate.

Vs. 10 says, "My bones suffer mortal agony..."

If you have ever dealt with chronic pain, how have you navigated this reality emotionally/spiritually?

Embrace the Gospel Continued

Pastor Alan stressed there's a "Battle for hope" taking place in the lives of those experiencing depression. Vs. 5 challenges us to "put your hope in God."

> How effectively can/do you put your hope in God verses the things of this world?

Application: *What Is God Saying To Us/Me?*

Pastor Alan highlighted five ways we can more effectively "battle for hope."

1. We can "Thirst for God." (vs. 1)
2. We can "Explore the why of your depression." (vss. 5 and 11)
3. We can "Cling to the truth of who God is." (vs. 6)
4. We can "Rest in God's love." (vs. 8)
5. We can "Be among community." (vs. 5)

Which of the above have been/are most effective for you in your own moments/seasons of depression? Share details of what this looks like.

If any of the above recommendations are particularly hard for you to embrace and apply, why do you think that's the case?

> Talk with your group about how you might more fully live these realities out.

Experience the Spirit

Prayer: *Ask For God's Help In Living Out His Word*

Pastor Alan pointed out the importance of sharing our struggles in community. This is your chance to bring individuals close to you into any current emotional struggles or depression you are facing. Share these challenges and spend time praying for one another.

Pastor Alan shared Romans 8:28 which states, "And we know that in all things God works for the good of those who love him and who have been called according to his purpose."

> If you find yourself questioning this verse at times, share this with your group and spend some time praying for God to open your eyes to this truth.

Engage in Mission

It's our desire that every individual and eGroup at Christ Community make a difference by compassionately moving outward toward people who are lost, needy, and broken, demonstrating the love of Jesus in highly relational ways.

Our second Serve Day of 2018, taking place August 11th, is a perfect way to live this out. This day will serve as an opportunity to bless our schools which make a profound impact on our community. For more information, visit cccgreeley.org. Register online under "Events."