

Hope in Mind: Hope in Battling Depression

October 21 & 22, 2023

All Bible passages are quoted from the New International Version of the Bible unless otherwise noted.

Lamentations 3:1-2, 5-8,17-20 | ¹ I am the man who has seen affliction by the rod of the LORD's wrath. ² He has driven me away and made me walk in darkness rather than light; ... ⁵ He has besieged me and surrounded me with bitterness and hardship. ⁶ He has made me dwell in darkness like those long dead. ⁷ He has walled me in so I cannot escape; he has weighed me down with chains. ⁸ Even when I call out or cry for help, he shuts out my prayer. ... ¹⁷ I have been deprived of peace; I have forgotten what prosperity is. ¹⁸ So I say, "My splendor is gone and all that I had hoped from the LORD." ¹⁹ I remember my affliction and my wandering, the bitterness and the gall. ²⁰ I well remember them, and my soul is downcast within me.

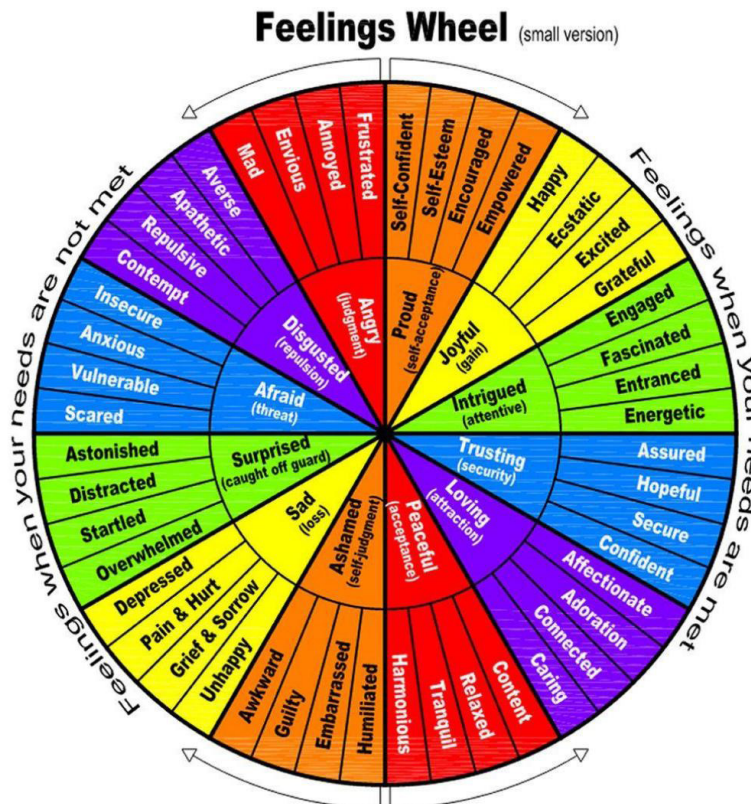
Two Truths to Remember When You're Battling Depression:

1. Your emotions are **VALID**, but they are not **PERMANENT**.
2. Your situation feels **HOPELESS**, but with God, there is always **HOPE**.

Lamentations 3:24-26 | ²⁴ I say to myself, "The LORD is my portion; therefore I will wait for him." ²⁵ The LORD is good to those whose hope is in him, to the one who seeks him; ²⁶ it is good to wait quietly for the salvation of the LORD.

NEXT STEP: Don't isolate - Get connected in a Small Group, a Serve Team or with Celebrate Recovery.

Don't wait; reach out for help today.



Find a podcast for this and past messages on iTunes. Visit FOTP.church/messages to watch or listen to previous messages.

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Further Study & Discussion Questions

Getting to Know You:

Discussing mental health can be difficult for Christians. Non-Christians may wonder how God plays a role in addressing mental health and mental illness concerns, especially when many people suffer from depression, anxiety, trauma, and other related issues. Even though the Bible doesn't directly address mental health, it does address the heart, mind, and brokenness. This weekend's message was all about finding the Hope when battling depression.

A Gallup survey showed that 29% of Americans had been diagnosed with depression during their lifetime. According to the Kaiser Family Foundation, the average depression & anxiety rate in the US is 32%.

Depression affects all age groups:

- Ages 3-17 1.9 million have been diagnosed with depression.
- Ages 18-29 have the highest prevalence of depression at 21%.
- Ages 45-64 at 18.4%
- Ages 65 and over 18.4%
- Ages 30-44 at 16.8%

What are your thoughts when you read these statistics on depression?

Which statistic surprised or stood out to you the most?

Quick Review:

Was there anything about this week's message that was surprising to you? Was there a specific point or Scripture that made you want to elbow the person sitting next to you? Or maybe made them want to elbow you? What was the one thing you remember most from the message?

Digging Deeper:

Take a moment and read **Lamentations 3:1-2, 5-8, 17-20**.

Hope is the major theme of **Lamentations 3**. Israel was going through a hard and even depressing season, but the reason for their Hope was found in the proclamation of what kind of God they had and how He had dealt with them. In the same way God Himself is the reason for our Hope, and He is the object of our Hope.

Spend some time talking about God's faithfulness and the Hope He's provided you in the middle of your hard seasons.

One of the points of this weekend's message was: Your situation feels HOPELESS, but with God, there is always HOPE.

What does this mean to you?

Read **Lamentations 3:24-26** and discuss the Hope God provides through the circumstances of life.

Prayer:

Heavenly Father, please strengthen our hearts and remind us to encourage one another when the troubles of life start to overwhelm us. Please guard our hearts from depression and give us the strength to rise each day and fight against the struggles that seek to weigh us down. In Jesus' name, Amen.