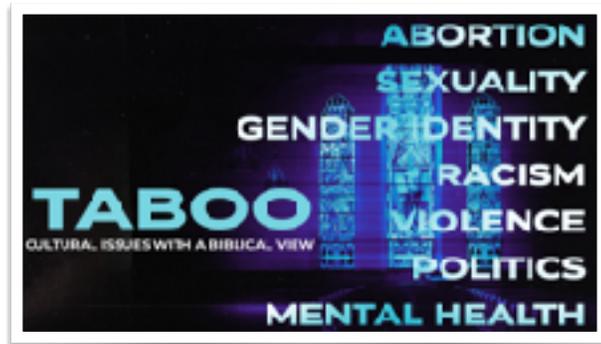


Family Guide

Use this to guide your family discussion around these cultural issues. On the left are questions for understanding your students current point of view and the culture around them. On the right are questions to discuss from Scripture. Please use this as a “jumping off” point, it is not all-inclusive of everything you can/should talk to your students about.



DEPRESSION

Jesus Followers find their joy in God alone.

The Culture

Parents - this can be one of the most uncomfortable conversations you have with your child, however we are in a mental health pandemic and it needs to be talked about. When you discuss anxiety, depression, suicide, etc. it does **not** put the idea in their head, it gives them a space to talk about it.

Depression - a chronic feeling of emptiness, sadness, or inability to feel pleasure that may appear to happen for no clear reason.

What are your thoughts on depression?

How often do you feel sad, empty, or down?

When you feel that way, is there anything that causes it?

Is there anything that helps it?

How many of your friends seem frequently sad or empty?

How do you feel about people who see doctors about mental health issues?

If needed, would you ever be opposed to it?

Articles to read:

[Gen Z and Mental Health](#)

[Knowing Depression Signs](#)

[Talking About Suicide & Self Harm](#)

[Parent's Guide to Depression & Anxiety](#)

[Link Between Smart Phone Use and Depression](#)

The Bible

Read Psalm 22:1-10 & Psalm 42

What kind of mental state does Psalmist appear to be in here?

What are the “highs” and “lows” of this psalm?

How does it feel to see a “man after God’s heart” in such a sad state?

Even in the writers’ state of sadness, how do you see them recognize and turn to God?

Read 2 Corinthians 4:6-10

What is the picture that Paul is painting here? Can you see it?

How often do you feel “pressed” on every side?

What’s your response to that?

Knowing our bodies and minds are fragile, how should that drive us to rely on God?

Read Isaiah 53:3 & Mark 14:32-36

What do you think about Jesus having times of depression?

How does it feel to know Jesus went through moments of deep sadness?

Read Psalm 34:15-20

What comfort can you take from these verses when you or someone you know is struggling with depression?