

GOSPEL COMMUNITY GROUP DISCUSSION GUIDE

In the Storm Teaching Series
9/4/22 Depression



REDEEMER
ROUND ROCK

CONNECT, REVIEW, PRAY

~5-10 minutes

- Announce any church activities/events and handle any housekeeping for the GC
- What are you thankful for / have struggled with this week?
- How did you apply or share what we learned last week?
- How can we pray for each other?

ASK, LISTEN, LEARN

Because of God's great love for us in Jesus, we should not deny the problem of depression.

- The church has often looked at depression as scandalous or sinful. Prior to this week's sermon, what has been your experience with depression? Has it been a part of your life? How have you understood or viewed depression?
- How does it impact you knowing that the Bible doesn't deny or downplay the real experience of depression?
- If the scriptures do not deny or downplay the real experience of depression, how then should we live in light of this?

Because of God's great love for us in Jesus, we should not downplay the complexity of depression.

- Recall that Pastor Jordan said depression is "complex in both source and symptom". How is depression complex?
- Why is it important that we honor the complexity and don't over simplify the struggle?
- Charles Spurgeon categorized depression into three ways: spiritual, circumstantial, and biological. Discuss these three and the differences between them. Are there any of these that you struggle with personally? That a loved one struggles with?

Because of God's great love for us in Jesus, we are not defined by depression.

- In what ways is the gospel good news for sufferers of depression?
- Take a few minutes and list and discuss as many promises from scripture as you can that tell of our God-given identity in Jesus Christ.
- Ask someone to share their own, or a loved one's, experience of depression. Without downplaying or oversimplifying, work together to apply the gospel to that experience.

The Psalms are a guide to gospel joy.

- What is lament? Why is lament an important practice?
- The Psalmists seem ok with "not being ok" before God. Do you feel that level of honesty with God? Why or why not? What are ways in which you practice that honesty before him? In what ways do you withhold it?
- Take a few minutes and read 1 or 2 of the Psalms of lament that Jordan used in the sermon. (Psalm 13:1-4; Psalm 77:3-9; Psalm 42:1-3,5)