

Healthy Mind: God Help Us!

Depression

1 Kings 19, Romans 8:31-39

DISCUSSION QUESTIONS

The following questions are intended to use in discussion and application of the past week's sermon.

Listening

What part of the sermon was most helpful to you or challenged you to think and/or live differently? How will you apply this message to your life?

Engaging

Have someone read Romans 8:31-39. As Pastor Foth suggested, where there is a personal pronoun (we, us) insert your name.

Elijah's journey took him through and then back through the wilderness. Can you recall other journeys where the Lord met and/or worked in people through the wilderness? Discuss together.

Applying

What has been your experience (personally or in relation with someone else) with depression?

If depression pushes us towards isolation, as Pastor Foth said, how might company and fellowship serve as a critical point of support amidst seasons where the journey seems to be too much.

Praying

Take some time as a group and pray over people impacted by the war in the Ukraine. May the Lord bring an end and healing to the violence and destruction taking place.

In light of this message and discussion:

How can we pray for each other?
Where do you feel challenged or convicted?

What can we praise God for?
How can we pray for our church?

