

Healthy Mind 2: When the Journey is Too Much

April 30-May 1, 2022: Jeff Lucas on Depression

This 60+ minute guide is a springboard for discussion and catalyst for further study, based on the message. Please choose from any or all of the parts below that you think are most interesting and useful in your group.

1. The Bible addresses the reality of **depression**. (I Kings 19:1-10)
 - What situations or conditions seem to fuel depression?
2. When we are low, we feel **powerless**.
 - Read **2 Corinthians 1:8-9, 1 Kings 19:4, Psalm 42:1-5**.
 - What do you notice about the people in these passages?
3. **Fear** nudges us into **confusion**.
 - When we know scripture - like **2 Timothy 1:7, Psalm 34:4, Isaiah 41:13** - how can we use it without blaming ourselves or others for feeling what they are feeling?
4. We descend into **isolation**.
 - Discuss **Psalm 88:3-5, Mark 14:33-34, and Psalm 34:18**.
 - How do we distinguish between *healthy aloneness* and *toxic isolation*?
5. We neglect **self-care**.
 - Read **Psalm 102:1-7**. What are some indications that a person is spiraling downward?
6. We experience **mind lock**.
 - Discuss this: *How we think shapes how we feel*.
 - What strategies can help someone get through a low time?
 - At what point is it important to seek help from others?
7. God **knows** us and wants to **meet** us where we are.
 - Read **Psalm 51:10-12, John 6:68-69, 2 Corinthians 1:9-11**.
 - What stands out as you read these passages?
 - Read **Psalm 73:25-28** and watch this song:
 - **"The Story I'll Tell"** <https://www.youtube.com/watch?v=tFo9BFhMH9I>

Reflections:

- Not everything has a **spiritual** root
- Be intentional about **self-care**
- Take **baby** steps
- There will be other more **beautiful mountains** (Matthew 17:1-9)
 - What do we learn about God in **Isaiah 25:8, Zephaniah 3:17, and Revelation 21:3-5**?
 - Read **2 Corinthians 4:6-18**, and watch this theme-related music video to end the session: **"Hope Has a Name"** <https://www.youtube.com/watch?v=DohShCMjvXI>

If you have a prayer need, please ask a friend here to pray with you, and to support you in prayer this week.