

Depression

April 30

GO FURTHER



START TALKING | ASK A QUESTION TO GET YOUR GROUP THINKING.

- TALK ABOUT THINGS THAT BRING YOU HOPE.

START THINKING | ASK A QUESTION TO GET YOUR GROUP THINKING.

- Which part of this message was most impactful for you and why?
- The four root causes of depression are biological, relational, circumstantial, and spiritual. Is there one cause that resonates with you the most in this season? How could you start addressing that issue with God's truth?
- Read Lamentations 3:21-23. What are some things that help you remember God's love and goodness in the midst of difficult seasons?

START SHARING | CHOOSE A QUESTION TO CREATE OPENNESS.

- How do you typically handle negative or depressing thoughts and feelings? What would it look like to validate your emotions and label your feelings while also remembering they aren't permanent?
- Talk about a time when God brought you hope and help in a difficult moment. What did you learn about Him through that experience?

START PRAYING | BE BOLD AND PRAY WITH POWER.

Father, thank You for giving us emotions. Please help us name our emotions so we can change our emotions. Remind us that even when we feel hopeless, You are near, and You are our source of hope. In Jesus' name, amen.

START DOING | COMMIT TO A STEP AND LIVE IT OUT THIS WEEK.

- Start the Wisdom for Mental Health Bible Plan using Plans With Friends: www.go2.lc/mentalhealthplan

701.223.4401 | www.legacyumc.org/gofurther/ One Church, Three Locations