

FINDING HOPE IN THE MIDST OF DISCOURAGEMENT AND DEPRESSION

Sermon Reflection Questions – Southwood and Creekside

These questions are designed to help individuals, families, and small groups discuss and apply passages in the Finding Hope sermon series as taught at Grace Bible Church in spring 2018.

Describe a time in your life when you struggled with discouragement, despair, or depression. What initiated this struggle? What things made it worse? What things made it better?

When you feel discouraged or depressed, are you comfortable admitting that feeling to other people? Why or why not? Spend a moment reading David's admission of depression in Psalm 6:6-7 and/or Solomon's in Ecclesiastes 2:11,17.

How do you feel about doing either of the following yourself? Why do you feel that way?

- Seeing a counselor or psychologist?

- Taking psychotropic medications (e.g. antidepressants, antianxiety meds, etc.)?

When you last felt discouraged, what, if any, lies about God, yourself, your life, or other people did you struggle against? Name one biblical passage or teaching that refutes that lie.

If you are struggling with despair or know someone who is, spend a few minutes praying for deliverance. Pray that God would not only heal, but bring great good out of this trial.

Memorize: Isaiah 40:31 But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.