



Mastering Discouragement & Depression

GETTING TO KNOW YOU

1. What do you value most in other people?
2. What were your favorite subjects in school?
3. Would you rather be a worried genius or a joyful simpleton?

MEMORY VERSE

"The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged." ~ Deut 31:8, NIV

STUDY AND DISCUSSION

1. Discouragement is the feeling of having lost hope or confidence. If discouragement is left unaddressed it can lead to depression which is feeling very sad, and hopeless. Both discouragement and depression can keep Christians from experiencing the everyday joy God wants them to have.
 - A. What might be some common "triggers" that can discourage you in daily life?
 - B. How could the enemy use discouragement and depression with great effectiveness?
 - C. How important is it to be able to turn to a trusted Christian friend when discouraged or depressed? Why?
2. (Read Heb 12:2-3) How can "fixing your eyes upon Christ" help with overcoming discouragement and depression?



To create relational discipleship, which is growing in Christ and authentic friendships.

3. (Read 2 Kings 6:8-17) When we focus solely on our emotions or on discouraging events, we can allow our emotions or discouraging events to become our reality.
 - A. What did Elisha do to help his servant see beyond his limited scope of reality?
 - B. How could this biblical event be similar to some incident in our lives?

4. Has there ever been a time when discouragement or depression affected you so deeply that your daily behavior was changed? Would you care to share that time and what eventually lifted you out of that mindset?

5. (Read 1 Sam 30:6) What did David intentionally do when he was so profoundly discouraged?
 - A. How can we intentionally encourage ourselves in the Lord?
 - B. Self-pity and discouragement often go hand in hand. How can self-pity keep us from encouraging ourselves in the Lord?

6. "If I look at myself, I am depressed. If I look at those around me, I am often disappointed. If I look at my circumstances, I am discouraged. But if I look at Jesus, I am constantly, consistently, and eternally fulfilled!" Anonymous
 - A. Why is this statement difficult to live out when we are grappling with great discouragement or depression?

7. (Read Isaiah 53:3) After reading this verse, how well do you think Jesus can identify with you in times of discouragement?

8. Ps 27:13-14, "*I am still confident of this: I will see the goodness of the Lord in the land of the living. 14 Wait for the Lord; be strong and take heart and wait for the Lord.*" NIV
 - A. How could this verse be beneficial to you when your emotions are heavy with discouragement and depression?

9. (Read Psalms 61:1-4) What directions can you extract from this passage that could encourage you?

10. What one thing in the sermon or homework

