#3 – A Prayer for Depression

Psalm 42-43

Pastor Shawn Peterson

October 27, 2019

A Condition Described

What are the Causes?

What’s the Cure?

**Growth Group Preparation Questions**

For the week of October 27, 2019

Prepare for your Growth Group discussion by taking some time to go through the following Growth Group Questions (G2Qs) and be ready to share your thoughts and answers with your group. Have a great time growing in the Word, and growing in relationships.

**CONNECT**

1. Describe a trip you or someone you know took that turned out to be a disaster yet resulted in great memories?

**Pray**: God help us to recognize when people are downcast and draw us back to you through truth and community.

**W2**

1. Reflect on this week's sermon. Was anything particularly impactful for you?
2. What circumstances in your life tend to lead you down the path of depression?    
   1. What specific things have helped you most when facing depression?
   2. What specific things have helped you least when facing depression?
3. Read 1 Kings 19:5-6, Numbers 11:16-17. What did God provide in these passages to help them deal with their depression?
   1. How might we use these examples to help us when we are battling depression?
   2. When might these things become a hinderance rather than a help?
   3. Read Psalm 73:25-28 & John 14:26. What is supposed to be the ultimate comfort in the midst of depression?
4. Read Phil 4:8. What false things do you tend to fix your mind upon when you are overcome by depression?

a. What Biblical truths do you need to fix your mind upon to combat depression?

b. How can your G2 speak truth to you or help you when you're battling depression?

**S2**

1. If you are around someone who is downcast or depressed, what is your typical response? Do you weep with them or try to fix their problem; try to cheer them up or feel their pain?
   1. Why does it threaten us when we can't make someone else feel better?
   2. Having looked at this issue, do you feel more equipped to walk with someone battling depression?

**P2 (Prayer & Praise)**

1. Instead of our regular prayer time, use the pattern of Psalm 42 and 43 to turn your lament into a song/psalm to share with your G2 or do this as a G2. Honestly express your condition, how you came to this place and recognize God as your ultimate deliverer and hope. Refer to Philippians 4:6-8 for inspiration.
2. Group prayer requests. (Pray for previous meeting requests and list new ones below).