

NOTES

Sunday, May 18th, 2025

1. Share about things that bring you hope. Talk about a time when God brought you hope and help in a difficult moment. What did you learn about Him through that experience?
2. How do you distinguish between "being sad/stressed" and "clinical depression"? How are either addressed differently?
3. Four root causes of depression are psychological, biological, environmental, and spiritual. Is there one cause that resonates with you the most? How could you start addressing that issue with God's truth?
4. Read Lamentations 3:21-23. What are some things that help you remember God's love and goodness in the midst of difficult seasons?
5. 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?
6. Do you struggle with depression? How can you find support or move toward healing? Pray for each other.

