

DISCUSSION GUIDE

ROAD BLOCKS | DEPRESSION | JANUARY 26/27

FOR STARTERS

1. Looking back at your notes from this week's teaching, was there anything that particularly caught your attention, challenged you or raised questions?
2. Think back to a time when you were "down" and lost hope—describe what it was like and what helped you?

DIGGING IN

When darkness comes, turn to Jesus the light of the world.

1. Read Psalm 42 & 43 and work through the following questions:
 - What caused his depression?
 - What questions did he raise and to whom?
 - What question was most repeated and what do we learn from that?
 - What did he feel about God and what did he believe about God?
 - How did he fight his depression and what reason does he give for putting his hope and trust in God?
2. Look up the following verses and remember again God's response to those who are in despair:
 - Psalm 27:1, 34:18
 - Zephaniah 3:17
 - Matthew 11:28
 - John 8:12, 16:33
 - Philippians 4:7
 - Hebrews 4:15, 7:25

BRINGING IT HOME

1. What did you learn about God that makes you love him more?
2. What did you learn about yourself for which you could repent?
3. What did you learn about loving those who are down, or fighting against the darkness and what could you do this week to put it in practice?
4. Reread Matthew 26: 36-46 and remember how Jesus battled in His dark night. Share how your group can foster greater trust and care for each other through the dark times of life.

MESSAGE NOTES

SERIES:

TITLE:

SCRIPTURE:

Belonging to a small group is a great way to grow spiritually. If you would like to join a group or get more information, contact Bri Morrison at bmorrison@doorcreekchurch.org.