



SMALL GROUP GUIDE [MS] | DEPRESSED [4.12]

SCRIPTURE | 2 Corinthians 1:3-4

PROBLEM

The feel and state of 'depressed' is widespread in our culture.

BOTTOM LINE

God's heart for us is to move from despair to hope.

DO HARD THING

Does someone you know struggle with 'depressed'? Is it you? What can you do to help?



- This is our fifth week of the Lent series, Do Hard Things. The challenge for students is to help them identify areas in their life where they need to challenge the "old" so that they can become "new".
- Our goal for tonight is to encourage students to consider how the feel of 'depressed' has affected their life and see how they can be healed.

MY GOAL FOR THE NIGHT |



What if just waking up was so difficult that it made sense just to stay in bed? What if the thought of just answering the question, "how are you?" brought endless despair to your head and heart? This is a basic experience for someone who is 'depressed'. God's dream for us is to experiencing flourishing in Christ, but being depressed can get in the way of it. Depressed and depression are common experiences among students and adults alike, but for students, the issues can be magnified. Our hope is to communicate hope, and to challenge students to consider their own feelings, and empower them to reach out to their friends and family who may be struggling.

JUST FOR FUN

- See Leader Guide for icebreakers and fun ideas



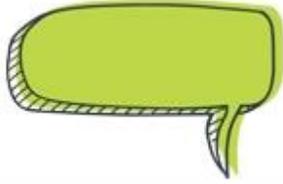
"Being depressed is more than a feeling, it's a way some people live life. God has a heart for us to move from despair to hope in our day to day lives. Let's talk!"

DISCUSSION QUESTIONS

- Tell me what has been the worst feeling you've ever had. What caused that situation to happen? How long did it last?
- Being depressed is more than a feeling. What do you think it might be like to live as if your heart and mind hurt all the time?
- Do you have a friend who has struggled with being 'depressed'? How have they gotten help? What help do you think they need?
- It can be difficult to know what help you need when you feel depressed. How can we know how to help someone else? What should we do to help?
- What are some healthy ways to work to keep your heart and mind healthy? What are some "hopeful" ways of living life?
- How can God use "depressed" chapters of life for His good?



Develop your own "check-in" with your friends. What are the questions you would need to ask to figure out how they are feeling? What are some important clues to help you to know what they are feeling? How can this become a routine that you practice with your friends?



EXTRAS

Websites:

Depression and Suicide Awareness - <https://www.ineedalighthouse.org/>

National Alliance on Mental Health (NAMI) - <http://www.nami.org>

NAMI in Dakota County - <http://www.namidakotacounty.org>

Depression Statistics:

- Approximately 20 percent of teens will experience depression before they reach adulthood.
- Between 10 to 15 percent of teenagers have some symptoms of depression at any one time.
- Depression increases a teen's risk for attempting suicide by 12 times.
- 30 percent of teens with depression also develop a substance abuse problem.
- Depressed teens usually have a smaller social circle and take advantage of fewer career and educational opportunities.
- Depressed teens are more likely to have trouble at school and in jobs, and to struggle with relationships.

Counseling Resources

Nystrom and Associates Counseling - <https://www.nystromcounseling.com>

Life Development Resources - <http://lifedrs.com>