

PLEASE READ BEFORE LEADING DISCUSSION

- Recommended questions are highlighted in bold, but select 5 or 6 questions you think will work best for your group discussion. You likely won't have time to discuss all of the questions so choose which questions you will ask ahead of time and make sure to provide plenty of time to focus on the application questions.
- Feel free to edit or reword questions to best fit your group.
- You may want to print out copies of this document for everyone so they can follow along with the questions as you read them.
- Check out this Facilitation Guide (<http://bit.ly/CGFacilitationGuide>) for tips on leading good discussions.

ICEBREAKER (5-10 Minutes)

1. Share your name and answer the following question:
 - Not including a vacation, what do you find most helpful for reenergizing you? What renews you or is lifegiving for you?

OPENING THE DISCUSSION (5-10 Minutes) – Have someone do a 1 or 2 minute recap of the message and then ask the following questions (Find the notes in the [Northridge](#)):

2. What part of Sunday's message was most thought provoking or challenging to you?
3. Drew mentioned that in the past year, 1 out of every 2 people experienced a mental health crisis.
 - How has this past year impacted you mentally & emotionally? What have you learned about yourself?
4. Drew defined depressions as "a lethal absence of hope".
 - Have you ever experienced this? What has helped you to navigate this?

DIGGING DEEPER (10 Minutes) – ask everyone to follow along in their Bible or Bible app. You might consider looking up these passages online and sharing your screen to review them together.

5. Read Romans 12:1-2.
 - How might this passage help in addressing the issue of depression?
6. Read Psalm 42:1-11.
 - What words or phrases stand out to you from this passage? Why?
 - What do you make of the author connecting his hopelessness and depression to his relationship with God? What do our emotions have to do with that relationship?
2. Reread Psalm 42:5 & 11.
 - How do we put our hope in God when we are struggling? What might that look like?

APPLYING IT (10-20 Minutes)

7. Drew shared 3 things David did with his depression: 1. He was real and honest about it. 2. He preached to himself. 3. He never lost his real source of hope.
 - Which of these steps do you need to focus on?
8. How do you want to think or live differently as a result of this message?

GROWTH GOALS ([Print Growth Goal Forms or share the link online](#))

9. What is a next step in your faith you want to take in the next few months? How can we encourage you in your progress?