

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 icebreaker:**
 - **What is something that brought you joy this past week?**

OPENING THE DISCUSSION (5-10 Minutes)

(Remind your group to bring sermon notes from the program or to take notes in the Northridge Church app to bring to group each week.)

2. Looking back at your notes from this week's teaching, was there anything you heard for the first time, or something that caught your attention, challenged or confused you?
3. **How has depression impacted your life or the life of someone you know?**
4. **What have you found most helpful in dealing with depression?**
5. Who is a person who has been encouraging to talk with when you are struggling?

DIGGING DEEPER (10 Minutes)

6. **Read Psalm 69:3; Job 3:20; 1 Kings 9:4; Ruth 1:20-21; Ecclesiastes 1:12-14.**
 - **How do these words from David, Job, Elijah, Naomi, and Solomon impact your perspective on depression?**
7. Read Proverbs 12:25 and 18:21.
 - What are some practical ways we can use words to bring life to others?
8. Read Hebrews 13:5.
 - When have you found the reality of God's presence helpful for you?
9. Read Matthew 11:28 and Psalm 50:15.
 - What might it look like to apply these statements from Jesus and Asaph?
10. **Read Philippians 4:8.**
 - **What thoughts or truths have brought you hope when you are discouraged or depressed?**

APPLYING IT (10-20 Minutes) (You may want to discuss these in prayer time)

11. **What can you do this week to address depression in your life or in someone you know?**
12. **Drew gave 4 steps to take when you are depressed:**
 1. **Break the silence.**
 2. **Surrender your struggles to God.**
 3. **Replace the darkness with hope.**
 4. **Seek help.**
 - **Which of these steps do you need to focus on?**