

# en·gage

to involve oneself or become occupied; participate: *engage in conversation*

SUNDAY, NOVEMBER 22, 2009

"ENEMY OF THE STATE OF MIND" PART 4 OF 4

## ENEMY of the State of Mind

**SERMON TITLE:** "Depression"

**MAIN POINT/PASSAGE**

- ▶ Fellowship is the key to avoiding and coping with depression.
- ▶ Ecclesiastes 4:7-12

**SERIES REVIEW**

- ▶ What have you learned or identified with the most during this series?
- ▶ What is one thing that will stick with you from this series?

**DISCUSSION QUESTIONS**

- ▶ Have you ever struggled with depression? Do you still battle with it?
- ▶ If not, do you know someone who has or continues to struggle?
- ▶ How do you or someone you know, cope with depression?
- ▶ Stu mentioned four major causes of depression: experiencing a loss, too much stress, a chemical imbalance, and faulty thinking. Which of those has led, or could lead, you to depression?
- ▶ Which do you find the most difficult as a remedy for coping with depression: fellowship with God or fellowship with others? Explain.

**DIGGING DEEPER** (Questions are adapted from Serendipity Bible for Groups)

- ▶ Read Romans 5:1-11
- ▶ Paraphrase what it means to be "justified through faith".
- ▶ What benefits are ours as a result?
- ▶ How are suffering, hope, and God's love interrelated?
- ▶ What words describe what we once were in God's eyes?
- ▶ How does the death of Christ change all of this?
- ▶ What tone of voice is Paul using in verses 9-11? Why?

**APPLICATION/CHALLENGE**

- ▶ Does this Romans passage offer any hope to those dealing with depression?
- ▶ Is there someone in your life you can lean on as you battle depression; to borrow their faith, as Pastor Stu mentioned?
- ▶ Tell as many people as possible this week that you are glad they came into your life.
- ▶ As a Life Group, talk about how you can help those in your group to cope with depression. How can you encourage one another?

**Personal Prayers**

1. Start your small group time off with prayer.
2. Ask for personal prayer request. In other words, have group members share request about them, not friends or family members.
3. Do the same for praises.

**Impact List**

Have 2-3 people share about people from their impact list.

1. What is the next step in their friendship with that person?
2. How can your small group pray for them?

**Close to God**

1. Have 2-3 people share what is happening in their "Close to God" time.
2. How have they grown closer to God?
3. How can your small group pray for them?

