**Overcoming Depression Leader Notes**

**HOOK**

**1. What was the best day this past week? Why?**

**2. What was your worst day this week? Why?**

**3. Was there a period of your life you remember being really sad? What was the source of your sadness? Would you call it a major depressive illness? What were your symptoms? What helped you get through it?**

**4. What’s the difference between moments of sadness and clinical depression? (Difference in intensity, frequency, duration and physiological symptoms).**

**5. 64% of those who commit suicide never spoke with a mental health professional. Why is there a stigma attached to mental illness? Do Christ followers struggle with depression?**

**BOOK/LOOK**

**6. Read Psalm 42 and Psalm 43. (In some versions of the Bible, these constitute one psalm).**

**7. What phrase is repeated three times?** “Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.” 42:5; 42:11; 43:5. **What’s the conflict in the soul of the psalmist?**

**8. What are some helpful things the psalmist does to combat his sadness?**

 **42:5 –** he acknowledges the problem

 **42:2,5 -** he focuses on God. He longs to meet with God.

 **42:5 -** he doesn’t quit or give up hope. **Read Prov.24:16 –** he is resilient.

 **43:4 –** he practices positive behaviors like worship

 **43:3 –** he asks God to give him light and truth **(Read John 8:32)**

 **42:4 –** he remembers his community of faith

**9. Is there anything else you would suggest for the psalmist to do if he came to you for help to overcome his depression?**

**TOOK**

**10. Do you believe that feelings follow behaviors? Give an example.**

**11. What actions of friends do you most appreciate when you’re grieving or sad?**

**12. Who do you know who is currently going through a difficult time and needs encouragement? How could we pray for them or encourage them in some practical way?**

**13. Is there someone in our group who we need to bless with prayer?**