

Defeating Depression: week two

//DISCUSS

Q1 – What is a great memory you have with or of your mom?

Q2 – Have you ever been too overwhelmed to act?
Too overwhelmed to figure out the next right step.
What do you do when you feel that way?

Q3 – Which ones of these makes you feel most overwhelmed at times:

1. The depth of your sadness
2. Fear of the stigma of mental health
3. An unwillingness to address a sin issue
4. The size and scope of the road to recovery

Q4 – “The mental health of those in a community is the responsibility of that community.”
What does this phrase make you think or feel?
How might this be true? What would this look like?

Q5 – If you believed your emotional health was essential, what might you need to do that you don't want to do?
Who could you safely express the full range of your emotions to?

//READ

- **Main Passage: 1 Samuel 1:2**
- **Romans 12:15:** Be happy with those who are happy, and weep with those who weep.
- **Galatians 6:2-3:** Share each other's burdens, and in this way obey the law of Christ. If you think you are too important to help someone, you are only fooling yourself. You are not that important.

//PRAY

Lord, we pray that we would be the kind of people who help those around us when we see them struggling. We pray that you would send people to help us when they see us struggling.