

Defeating Depression: week three

//DISCUSS

Q1 – Have you ever experience “Compassion Fatigue” with someone you care about?
Compassion Fatigue is an exhausted inability to feel or act empathically.

Q2 – The different dimensions of life aren’t isolated, they’re integrated.
Have you ever felt something physically that stemmed from an emotional issue, or been affected emotionally from something physical going on?

Q3 – Which aspect of **NATURE** might you need to explore or address?

1. Medication
2. Nutrition
3. Exercise
4. Sunshine
5. Sleep

Q4 – Which aspect of **NURTURE** might you need to explore or address?

1. Trauma
2. Triggers
3. Values
4. Patterns
5. Self-Talk

Q5 – Which aspect of **NEIGHBORHOOD** might you need to explore or address?

1. People
2. Places
3. Things

//READ

- **Main Passage: 1 Kings 19**
- **Galatians 6:4-5:** Make a careful exploration of who you are and the work you have been given, and then sink yourself into that. Don’t be impressed with yourself. Don’t compare yourself with others. Each of you must take responsibility for doing the creative best you can with your own life.
- **Galatians 6:9-10:** Let’s not allow ourselves to get fatigued doing good. At the right time we will harvest a good crop if we don’t give up or quit. Right now, therefore, every time we get the chance, let us work for the benefit of all, starting with the people closest to us in the community of faith.