



Life Groups 2018

NLC Life Group Through the Bible Study

Week of September 16, 2018

Sermon: StandAlone | DEPRESSION

Life Group Schedule

15 MIN Eat, Meet & Greet

15 MIN Ice Breaker Game: **WORD LINK**. Ask the group to sit in a circle. The first person starts with any word they choose (ex: “red”). The next person repeats the first word and adds another word which links to the first (ex: “red tomato”). The next person repeats the previous words and adds another word link (ex: “red tomato soup”), and so on. To keep this moving, only allow five seconds for each word link.

NOTE: If you lead a small group, you may want to stay together and go straight through the study. If your group is larger, you may want a leader to take the group through the main points, then save the questions for small group breakouts. How you use the study is always up to your discretion as a leader.

CHALLENGE: Leaders, it’s important when you’re walking through the following content and asking your group members to share, that you also are willing and able to share from your own experiences. Your authenticity will bring a level of safety and trust that your members may have never experienced before.

OPENING PRAYER

45–60 MIN StandAlone: **DEPRESSION**

TALK IT OUT

- Depression is a mood disorder, characterized by anhedonia—the inability to feel pleasure. It includes extreme sadness, poor concentration, sleep problems, loss of appetite, and feelings of guilt, helplessness, and hopelessness.
- #1 health problem in the world right now; 1 out of 9 are on depression medication. Depression meds are up 300%.
- There’s a stigma on this type of disorder.
 - › You don’t think less of someone if they have the flu. But mental illness has a stigma, “There’s something **WRONG** with you.”
 - › There is no difference between a physical illness and a mental illness. It’s not a sin to be sick. Your illness is not your identity.

IT’S OKAY TO NOT BE OKAY.

- We want to create an environment where it’s normal to at least express what’s going on inside.
- The situation is largely lifestyle-related.

We were never designed for the sedentary, indoor, socially-isolated, fast-food-laden, sleep-deprived, frenzied pace of modern life.—Steven Ilardi

- Our brains are being reformed, reshaped, through:
 - › Cell phone and social media use.
 - › Lack of identity.
 - › Inability to process pain.
 - › Peer-to-peer mentoring.
 - › Narcissistic generation.
- National Suicide Prevention Hotline: (800) 273-TALK (8255)

LAMENTATIONS 3:17-20 “I have been deprived of peace; I have forgotten what prosperity is. So I say, ‘My splendor is gone and all that I had hoped for from the Lord.’ I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me.”

- He was “ruminating”—to sit and think and not allow outside voices. Through self-talk, we create things that just aren’t true.

2 COR. 1:8 “We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself.”

- Lesson: Sometimes your lowest of lows don’t come in your low times but directly after your highest of highs. Be aware of when your highest of highs are, because the lowest of lows—the attacks of the enemy—will come directly after that.

READ 1 KINGS 19:1-4

1. The root of mental disorder and depression is faulty thinking.

PHILIPPIANS 4:8-9 “Whatever is true, whatever is noble whatever is right, whatever is pure whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about these things...and the God of peace will be with you.”

Q1. Are you ever discouraged? What kinds of things discourage you?

Q2. Think about what you think about most of the time. Do you let yourself think about what God desires, or are you often distracted by things going on around you? Generally speaking, are your thoughts positive or negative? Motivating or discouraging? Explain.

2. Isolation.

ECCLESIASTES 4:12, NLT “A person standing alone will be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord cannot be easily broken.”

Q3. Read Acts 2:42-47. Talk about what community and sincerity looked like in the early church (see Acts 2:42-47) and what it could look like today.

- We are better together! You need somebody who's got your back. If they do, you will conquer the devil, conquer your negative emotions. It's even better if you're in a group.

3. He was led by his feelings.

JOHN 8:32 "You will know the truth, and the truth will set you free."

Q4. Do you tend to be led by your faith or your feelings? How do you know?

Q5. Evaluate your devotional time and private prayer life for a moment. How has your time in God's Word and time in His presence been for you lately?

- › Try to spend just a few minutes every day in God's word. One Year Bible, devotional by Larry Stockstill. Devo OT passage, NT passage, Psalm, Proverb.

4. Comparison.

- "I am no better than my ancestors"
- Social Media: you're comparing your miserable moments to their highlight reel. Nobody puts their messy moments on Instagram.

GALATIANS 1:10 "Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ."

Q6. How do you feel toward people in general—envious? Compassionate? Annoyed?

Q7. How much time do you generally spend thinking about your own needs versus others' needs?

Q8. If comparison is an area where you struggle, what is a practical and positive next step you can take?

TAKE PRAYER REQUESTS & PRAY OVER NEEDS

ANNOUNCEMENTS