



Week 2: Depression

Discussion Overview: As we look at the Psalms this week, we will find a person who is weary, sad, confused, and finding it hard to be motivated. In modern terms, we might use the word depressed. I want to be careful to clarify that in this conversation I am not referring to the clinical diagnosis of depression, but rather referring to someone who is feeling sad or burdened not just for a moment or day, but for a season. The cause of depression existing in a person's life will be different for each person and whether it is clinically diagnosed or situational, the feelings of prolonged sadness and despair are relatable to every human. I believe that as we look at the Psalms, we do not discover a cure for depression, but rather a mindset shift of how to remain faithful to God even if you can't get out of bed in the morning. Whether you are in this season or not, I would encourage you to lock these truths away and cling to them for when that season comes.

Key Scripture Psalms 6, 40, 42, 43, 61

Getting Started

- When you are sad or upset, what do you normally turn to?
 - Ex: Ice cream? Running? Talking? Netflix? Music? Friends? Mom?
- When it comes to negative feelings, people typically fall into two categories. They either ignore and suppress those feelings or feel them deeply and become paralyzed by them. Which category do you lean towards?
- Knowing this tendency about yourself will help you take healthy action steps.

Pro Tip for Leader: Depression usually stems from thinking about upsetting events that happened in the past. To counter this, try remembering God's faithfulness in the past even in the midst of upsetting circumstances.

Digging Deeper

- Read Psalm 42
- In verses 1-3, David is clearly burdened and sad, but what does he long for?
- In verse 4, as David communicates with God about his feelings, what does he do?
 - David remembers going to Jerusalem and experiencing God's presence and worshipping with his bros. (aka festive throng)
- Again, in verse 6, what does David do when he is downcast?
- Read Psalm 6. Why is David in such distress?
 - People. People are most often the cause of pain in our lives.
- Even though David is pleading with God and wanting his sorrow to be over, what gives him the confidence to keep going? (Vs. 8-9)
- Two big take-aways: Remember God's faithfulness. Have confidence God hears you.