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## Week 2 – Depression Discussion Guide

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Job, Jonah, King David, and Jeremiah are all prophets or heroes of the Bible who appear to have dealt with anxiety or depression. Some of them were off-balanced by fairly insignificant things. Others, like Job, had huge obstacles and challenges. Jeremiah was called “the weeping prophet.” Their lives and struggles are recorded as examples for us. This week as we look at a dark time in Elijah’s life, let’s find and apply the practical actions and responses God asked him to make. They will help us deal with “down” times and even the depths of depression.

### Jump Start

1. What is a simple thing that makes you anxious, but you really know in your head is not a big deal?
2. *Test the thought.* **Read 1 Kings 19:10, 15-18.** Elijah felt he was “the only one”—that nobody else loved or obeyed God. Elijah also thought his life was worthless. But what was the truth of Elijah’s situation?
3. *Stop the thought.* In 1 Kings 19:10 and again in verse 14, Elijah goes through the exact same litany of “Woe is me” thoughts. How do we stop the usual playlist of our fears and worries? **Read 2 Corinthians 10:5.** What practical steps (such as God gave Elijah) and biblical truths help you do this?
4. *Replace the thought.* New life in Christ starts when we believe Jesus: Who He is, what He has done for us, accepting His love as clearly shown to us on the cross, and choosing to follow Him. **Read Romans 12:2.** It seems that even after choosing Jesus, we can allow ourselves to be molded by everything around us or be transformed to have a renewed mind, a mind like Christ has. What are some the thoughts you know you need to throw out and replace with God’s truth?
5. Final Thought: In your group, discuss and recognize if, when, and how often you have depression. Sharing itself is helpful. Discuss and get help on what your next step might be: see a doctor, join a serving team, try Celebrate Recovery, go to a counselor, start a Quiet Time. Everyone has a next step. Determine in your heart (and share if you can), what your individual next step should be.

### Deeper

*Test the thought. Stop the thought. Replace the thought.* These are helpful ideas that cognitive behavior therapists give to people when they battle depression. These ideas are also found in the truth of God’s Word. **Read Psalm 42 and 43.** Use the space below to write out the verses that line up with each of these three ideas. Then write out some specific thoughts you need to *stop, test, and replace.*

**Psalm 42**

*Test the thought:*

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*Stop the thought:*

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*Replace the thought:*

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**Psalm 43**

*Test the thought:*

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*Stop the thought:*

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*Replace the thought:*

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**Specific Personal Thoughts**

*Test this thought:*

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*Stop this thought by:*

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*Replace this thought with:*

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