

APPLICATION QUESTIONS
Applying this message to everyday life

1. It's very important that we not look away from depression when it lands in our hearts. On a scale from 1 – 10, how would you rate depression in your life right now? (One is no depression at all and ten is crippling depression.)

2. How can remembering how God has loved you in the past help when you experience times of adversity in the future?

3. When dark feelings settle into your heart, which of these sources is the reason?
 - Circumstance-Difficult or unbearable situations
 - Physical illness or pain-Ongoing physical setback
 - Satanic attack—Satan attempts to question the goodness of God
 - Spiritual-Suffering in the context of a sovereign God

4. This week, Jeremiah showed us four ways to push back against depression in our lives. When you consider those four ways, which of them will you begin to practice right now, and why?

What Lies Beneath
Depression
Lamentations 3:1-33

GateWay Bible Church
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Ron Marsh

What Lies Beneath: Depression

- A. The _____ of depression
Depression begins with _____ and _____
Depression impairs your ability to _____

- B. The _____ of depression: Lamentations
A work of art about _____ from A-Z
An honest _____ of emotion
*Emotions are honest even if they aren't _____ and faith starts with honesty

- C. Jeremiah's _____ to spiritual depression
 1. Look _____: Call to mind the _____ of God
_____ to yourself—recall the truth of God's word
* _____ your way to your feelings, don't feel your way to your beliefs
Let _____ recall God's goodness for you
 2. Look _____: Discover God's _____
Ask: What can I learn from this?
*God's best work is often done in _____
 3. Look ____: Choose to see God's plans are for good & _____
Take your thoughts _____
Embrace the tension of trouble and _____
Understand that God's intentions for the world are _____
 4. Look _____: Get up and look for God's goodness
Make a _____ towards God today
*If you're not _____, God's not done!
Challenge your _____ about God and His character
Live in the _____ of what Jesus has done for you

GETTING-TO-KNOW-ME QUESTIONS

Sharing time to get your group started

- A. What do you think about making resolutions in the new year?

- B. When you look ahead to the rest of 2019 what are you excited about?

- C. What is a comfort item you had as a child or something you loved about your bedroom that comforted you?

LIFE GROUP HOMEWORK

Jot down a brief answer to the following four questions

Quick Review

1. As you reflect on last week's sermon, what is one principle or insight that stands out as being particularly helpful, insightful or difficult to grasp?

2. How would you define depression? In your experience how common is it and what can the church do to help?

3. Jeremiah was not the only person in the bible to experience depression. Elijah (1 Kings 19:4) and Job (Job 3:3-4, 11, 20-21) had similar experiences. The following passages describe what led up to these dark moments. Read some of the verses and then list a few of the life-conditions that led to their depression.

Elijah- 1 Kings 17:1, 7-12; 18:4, 17-20, 44-46; 19:1-3

Job- Job 1:13-19; 2:7-8, 9

4. What do you think about the phrase, "what you focus on you feel"? What was Jeremiah focused on in 3:1-20? 3:21-33? What do you think changed his focus?

5. God intends to use His people to care for His people. What "next steps" do these verses offer us when it comes to caring for each other during dark times?

Romans 12:10, 13, 15-16

Galatians 6:2, 9-10

Ephesians 4:2

Colossians 3:12