

Sermon Based Small Group Questions

This is Us: Anxious/Depressed... but Hopeful



Opening question

1. Share a time when you experienced a high level of anxiety/depression.
2. How do you deal with times of deep depression/anxiety?

Going Deeper Questions

1. 'Let's do this' is a phrase/slogan for tackling life. What slogans do you try to live by? What's the problem with so many slogans? Sid mentioned the phrase... 'pain is life' from the Princess Bride movie. How do you react to that phrase?
2. Read Psalm 88. How do you react to this Psalm? Have you ever felt like the Psalmist? Explain.
3. How have you counselled someone who is struggling with anxiety or depression? How did that go? How does the Psalm 88 help?
4. Sid talked about St. John of the Cross and his description of the 'dark night of the soul'. St. John talked about how this sense of abandonment from God could actually bring us closer to God. What do you think about this? Have you had experience of this?
5. Read Isaiah 43:18-19. What strikes you in this passage? How have you found new life in wastelands? Explain.

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6. Read Romans 8:26-27. How comforting is it to know that the Spirit prays when all you can do is groan?

7. Read James 5:16. How does confession of your sins/struggles heal you? Does this sound like something you want to engage in? Why or why not?

8. Read Philippians 4:6-8. How does this passage connect prayer and anxiety?

9. Read 2 Corinthians 12:7-9. How do 'thorns' keep us from being conceited? What are 'thorns'? How is awareness of weakness a strength? What are your 'thorns'?

10. Read 1 Peter 5:6-10. What would it mean to you to 'cast all your anxieties on God'? How often does this need to be done? What would it mean to you to be 'restored, confirmed, strengthened and established'?

Spend some time in prayer praying for one another as we deal with our struggles involving anxiety and depression.

BLESS Rhythms Summary:

BLESS: This is the practice of blessing another person. It can be big or small (buying coffee, encouraging text/email, etc.). *Who have you blessed this week?*

LISTEN: This is the practice of listening, both to God and to others. *How did you set time aside this week to be a listener?*

EAT: This is the practice of sharing food with people. This can happen in a home or in a coffee shop. *Who are you eating with/ inviting into your home?*

SPEAK: This is the practice of speaking our faith. It can happen through encouragement, story sharing, and evangelism. *How have you spoken your faith this week?*

SABBATH: This is the practice of resting from work and taking time to rest and enjoy creation. *How are you practicing Sabbath this week?*