

Session



Personal Study Guide

Dealing with Depression

January 19, 2020

Introduction

❓ Coming into the lesson this week, what is your perception of depression in a person's life? On what is that perception primarily based?

❓ What was your response the first time you encountered a valley season? How did it change you?

❓ Who in your life has demonstrated the most courage and spiritual fortitude in dealing with difficult seasons?


1. Valleys are Part of Following God (Psalm 23:4a; 1 Kings 19:1-4, 10)


❓ What biblical examples can you think of that would thwart the notion that only good things will occur when one follows God faithfully? Why is it important to let those examples have tremendous influence on one's personal theology?

❓ Why do you think it is so difficult for believers to discuss seasons of depression and hardship?


❓ Application: Make a timeline of the difficult times in your life. Make particular note of how those seasons shaped your view of God? Who were the most helpful people to you during that season? What role did God play in this season?


2. God's Presence Never Wavers in the Valley (Ps 23:4b; 1 Kings 19:5, 11-13)

 Fear is such a prominent experience in our culture. How do you remain mindful of God's presence even when reason for fear presses in?


 Application: What spiritual practices can believers build into their lives to elevate their sense of God's covenant presence with them? How could you employ those practices on a regular basis?


3. God Acts on Behalf of the Valley Traveler (Ps 23:4c; 1 Kings 19:15-18)

 How does the comfort David explained offer help and support during depression? What fears or challenges does it address?

 Application: What are some ways that you can identify that God is leading you right now? Where might He be using His staff to rescue and deliver you?

Conclusion

 What has your experience been with depression? Have you ever dealt with it personally? Have you walked with a friend or loved one through seasons of depression? What has it taught you?

 Which of the three points from Psalm 23:4 resonate with you most deeply? Why? How does it change the way you're approaching the week ahead?

 What does God's compassionate interaction with Elijah tell you about the manner in which He deals with you? How does it help to understand God never changes and never leaves?

Daily Readings

- Monday - Psalm 34:17-18
- Tuesday - Matthew 11:28-30
- Wednesday - Psalm 143:7-8

- Thursday - Psalm 30:11-12
- Friday - Isaiah 40:27-31
- Saturday - Revelation 21:1-4