

Small Group Questions: I'm Fine (Not Really)/When I'm Depressed

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Read

Psalms 77

Reflect

During this series, we are exploring struggles we all have but are often unwilling to admit to others. In this message, Pastor Greg Surratt talks with Pastor Joey Svendsen and his wife, Priscilla, about depression, which he calls "the uninvited guest," how it is common and how we can begin the process of healing.

When the uninvited guest comes...

1. Ask God for help.

- a. Have you struggled with any form of depression? Are you struggling with depression now? Tell us about it.
- b. If your depression is in the past, what helped you get out of it?

2. Redirect your thoughts.

- a. What negative thoughts do you currently have?
- b. What blessings have you experienced?
- c. How does thinking about your blessings counter your negative thoughts?

3. Learn to worship before your breakthrough.

- a. In what ways do you like to worship God? How do these ways help when you are feeling down?
- b. How can we support each other as a small group now that we have shared these issues with each other?

Respond: Where is God leading you? How can your small group support you?