



Here Comes Trouble - Week 4 Depression - Discussion & Reflection Guide

Questions and Prompts:

- **What's one activity that helps you feel full of life with renewed energy?**
- **What stood out to you from Sunday's service?** How did you sense God at work in you through the songs and the message? (The message's main points and scripture are listed below if it helps you think back.)
- **Read and spend time with one of the scripture passages from the message.** Have someone read the passages out loud if you're in a group.
 - What do you notice? What questions do you have?
 - Is there a word or phrase that stands out to you from this passage?
- **Did one of the main points from the message stand out to you? Which one?** Look over the main points listed on the next page.
 - Why does this stand out to you?
 - Do you sense God nudging you to take a practical next step? If so, share it with a trusted Christian friend.
- **Is there anything else from the message you want to explore more deeply this week?**

We hope you'll use this guide to take the teaching from Sunday's service and reflect on it with a few friends or with a group. If you have questions or want to talk more about how to take your next spiritual step, contact us at info@wschurch.org.

Dealing with Difficulties and Disappointments -
<https://www.wschurch.org/seriesresources>

Life is full of challenges and disappointments but hope and healing are possible. We have collected staff selected resources for our *Here Comes Trouble* teaching series to help you learn and grow—even in difficult circumstances. You'll find our digital resource, Dealing with Difficulties and Disappointments, which offers some simple, practical steps, using the link above. There's also a way you can reach out to talk to someone for care and support. Be sure to check back each week for new resources to go along with each message.

Message Main Points & Scripture:

- Psalm 88: 1-5, 8-11, & 14-18 NIV

¹ *LORD, you are the God who saves me; day and night I cry out to you.*

² *May my prayer come before you; turn your ear to my cry.*

³ *I am overwhelmed with troubles and my life draws near to death.*

⁴ *I am counted among those who go down to the pit; I am like one without strength.*

⁵ *I am set apart with the dead, like the slain who lie in the grave, whom you remember no more, who are cut off from your care.*

⁸ *You have taken from me my closest friends and have made me repulsive to them.*

I am confined and cannot escape; ⁹ my eyes are dim with grief. I call to you, LORD, every day; I spread out my hands to you. ¹⁰ Do you show your wonders to the dead? Do their spirits rise up and praise you? ¹¹ Is your love declared in the grave, your faithfulness in Destruction?

¹⁴ *Why, LORD, do you reject me and hide your face from me?*

¹⁵ *From my youth I have suffered and been close to death; I have borne your terrors and am in despair. ¹⁶ Your wrath has swept over me; your terrors have destroyed me.*

¹⁷ *All day long they surround me like a flood; they have completely engulfed me.*

¹⁸ *You have taken from me friend and neighbor— darkness is my closest friend.*

- The Bible is realistic about life's difficulties.
- The Bible isn't selling something.
- John 15:20 NIV: "A servant is not greater than his master. If they persecuted me, they will persecute you also."
- A Christian can struggle with darkness, anxiety, and depression.
- Psalms 13: 1-2a NIV: "O Lord, how long will you forget me? Forever? How long will you look the other way? How long must I struggle with anguish in my soul, with sorrow in my heart every day?"
- Lamentations 3:17 (ESV): "My soul is bereft of peace. I've forgotten what happiness is."
- "The very presence of these prayers in Scripture is a witness to God's understanding. God knows how men speak when they are desperate."
- Negative emotions are a part of the Christian experience.
- Our emotions reflect our evaluation of the situation around us.
- Depression is a right evaluation of life*
- "If there is no purpose for this universe, there is no purpose for any of us. That's the cold, hard truth."
- Depression is a right evaluation of life*
- John 6:66-68 NIV: "From this time many of his disciples turned back and no longer followed him. "You do not want to leave too, do you?" Jesus asked the Twelve. "Lord, to whom shall we go? You have the words of eternal life."
- Romans 8:22 NIV: "For we know that all creation has been groaning as in the pains of childbirth right up to the present time."
- "Depression always involves, to some extent, a person placing their hope in something and that hope failing them."
- What am I hoping for, or what was I hoping for that has failed me?
- "Nothing that the Resurrection won't cure."
- Depression is a right evaluation of life. But Jesus is making this life right.
- Psalm 88: 14 & 18 NIV: ¹⁴ "Why, LORD, do you reject me and hide your face from me?" ¹⁸ "You have taken from me friend and neighbor—darkness is my closest friend."
- Jesus experienced darkness as his only friend, so in your darkness, you can know that Jesus is still your friend.