

Date: August 19, 2018

Sermon Title: Battling a Foe Called Depression

Speaker: Richard Smith

Scripture text(s):

- 1) Have you ever dealt with depression? What was it that brought you out of it?
- 2) How has the battle with depression in your life helped you to help others who may be dealing with depression?
- 3) Richard gave a list of things we're responsible for. Which of these spoke to you the most? Which of these do you struggle with regularly?
- 4) What does this list of responsibilities show us about our relationship with God?
- 5) One of the responsibilities Richard gave us was--"it's our responsibility to believe that the cross can wash away all your guilt." How does this change your perspective on your depression? How does this change your perspective on your past sin?
- 6) Depression typically leads us to feel hopeless, not want to go to church, blinds us to God's mercy, pulls us away from Scripture, and causes us to withdraw. Richard exhorted us to fight against all of these things. What does the fight look like for you? How can you help someone else in the fight?
- 7) Richard reminded us to "be bossy with our souls." Discuss how this has changed your life and your relationship with God and with others.