



INSIDE OUT.

Main Idea

Depression is a common, complex issue that is treatable with the help of God and others.

Starter

What is the best advice you have been given when you have been going through some kind of difficult season?

Discuss

Have you or someone you have been close to struggled with depression? What have you found helpful or unhelpful to deal with it?

Read

Have someone read [Galatians 6:2-5](#) and [Romans 12:15](#). Discuss:

- What do these passages say about how God wants us to help each other through difficult or dark times?
- Do you find it more difficult to share your burdens with someone else or to carry someone else's burdens? Why?

As a group, take turns reading [Psalm 42](#) and have everyone listen for a truth or phrase that encourages them.

- What truth in this passage most encouraged you?
- When you go through depression or difficulties, what do you feel tempted to turn toward instead of God to find comfort?
- How do you think you could prioritize your relationship with God more in your life?

** Remind your group that God does not fix our bad feelings but cares about them and shines light into our darkness. Depression is complex, but treatable with the help of God and others. If you are struggling with depression, it is good to be honest with God, your small group, and to get help from a professional. God wants to bring hope to depression and help us walk with those in depression by being a safe place to love them where they are and share their burdens.

Apply

No matter what degree we struggle with depression, we all have difficulties. Have everyone share one struggle they would like prayer for and one person in their life they feel led to take a step toward loving where they are.

Spend some time praying for the struggles and people in your group.