

GO DEEPER

use these questions for further study

Use the following questions below for individual or group study. Begin in prayer, inviting the Spirit to speak during this time.

Share with the group: Did you have a favorite superhero as a kid? Who? Why?

Think back over the message, what stood out to you? What challenged you? What encouraged you?

In your own experience, was depression something talked about in your family or church growing up? If so, how was it talked about?

Why is it a topic that is often avoided or hard to talk about?

Is it something that you find hard or easy to talk about? Why?

Read Psalm 88

How does this psalm reflect/depict the experience of depression?

In what ways does this psalm challenge our ideas of worship?

Why is it important that this psalm is in the Bible?

What would it look like to use this psalm in your prayer life?

Consider the four big truths from Pastor Adam's sermon:

Depression isn't just sadness.

Depression isn't sinful or unfaithful.

Emotions are real, but not reality.

Even when you feel hopeless, there is always hope with God.

Which of these is easiest for you to internalize? Which is hardest?

Why are each of these important to acknowledge?

What questions do you still have about these statements?

Read Lamentations 3:21-26

What are ways you can remember God's faithful-love in dark times?

What does it look like to wait on Him in the midst of depression?

What does it mean to have hope in God?

What salvations (rescue) are we still waiting for?

Live It! If you are experiencing depression please reach out for help. Your family doctor is a great starting point, and our pastors are also happy to come alongside you with prayer and spiritual guidance.

Close by praying 1 Thessalonians 5:23-24 together.

*** Pierce/St Croix Suicide Hotline (888)-552-6642 | National hotline 988 ***

GO DEEPER

use these questions for further study

Use the following questions below for individual or group study. Begin in prayer, inviting the Spirit to speak during this time.

Share with the group: Did you have a favorite superhero as a kid? Who? Why?

Think back over the message, what stood out to you? What challenged you? What encouraged you?

In your own experience, was depression something talked about in your family or church growing up? If so, how was it talked about?

Why is it a topic that is often avoided or hard to talk about?

Is it something that you find hard or easy to talk about? Why?

Read Psalm 88

How does this psalm reflect/depict the experience of depression?

In what ways does this psalm challenge our ideas of worship?

Why is it important that this psalm is in the Bible?

What would it look like to use this psalm in your prayer life?

Consider the four big truths from Pastor Adam's sermon:

Depression isn't just sadness.

Depression isn't sinful or unfaithful.

Emotions are real, but not reality.

Even when you feel hopeless, there is always hope with God.

Which of these is easiest for you to internalize? Which is hardest?

Why are each of these important to acknowledge?

What questions do you still have about these statements?

Read Lamentations 3:21-26

What are ways you can remember God's faithful-love in dark times?

What does it look like to wait on Him in the midst of depression?

What does it mean to have hope in God?

What salvations (rescue) are we still waiting for?

Live It! If you are experiencing depression please reach out for help. Your family doctor is a great starting point, and our pastors are also happy to come alongside you with prayer and spiritual guidance.

Close by praying 1 Thessalonians 5:23-24 together.

*** Pierce/St Croix Suicide Hotline (888)-552-6642 | National hotline 988 ***

SERMON NOTES

SERMON NOTES
