

SMALL GROUP QUESTIONS

"Battling Depression"

What types of things tend to get you down the most?

Read 1 Kings 19:1-5

1. How does fear sometimes create depression? What types of fears have a grip on your life?
2. Immediately following a great victory, Elijah became depressed. 1 Kings 19:3-5 illustrates four common contributors to depression: Elijah wore himself out, shut people out, focused on the negative and forgot the faithfulness of God. Of these four, which one is your most common challenge in your own life?
3. One of the most common factors that leads to depression is wearing ourselves out. In what areas of your life are you exhausted? What are some things you can do starting today to help relieve that exhaustion?
4. Sometimes the most spiritual thing we can do is rest. While that sounds so easy, why is it so hard for most of us to rest? What are some things you can do to have more rest in your life?

Read 1 Kings 19:6-18

5. Elijah honestly believed he was the only faithful one left. God replaced this lie with the truth: there were actually 7,000 others who still were faithful. Can you name a similar lie that you believed to be true? How did God reveal His truth to you?
6. God spoke to Elijah with a gentle whisper. Describe a time when God spoke to you with a gentle whisper. What did He say to you? Read Psalm 46:10
7. God encouraged Elijah to eat and rest, to believe truth instead of lies, to listen to His voice and to get back to doing what prophets do. At this season in your life, which of these areas resonate with you most? Why?
8. Pray for those in your group that are struggling with depression, as well as those that are struggling with fears and exhaustion. Ask that God will work in them to remove these feelings from their life just as He did Elijah.