



## Depression

### **“Is it really okay, to not be okay?”**

#### **Gather:**

*Take the time and ask these questions each week. They may be the same week to week, but we believe if truthfully answered, can reveal a lot about what God is doing in and through your lives.*

- How am I doing loving the people God has given me to love?
- Why is God so good?

#### **Change:**

- Talk about your experience with depression in your life. How has it impacted you and your family? How have you tried to overcome it? How has it worked or not worked?
- Think back to the message and share what theme or verse or point stuck out the most? Why?
- Read 2 Corinthians 5:17 using the “Personalize It” method. (Read the passage but replace all pronouns and nouns with your name. Read this as God is speaking directly to you.) Do not skip over this verse. Memorize It. We talked a lot about how a deeper understanding of our identity “in Christ” changes things. Discuss how this deeper understanding of your Christlikeness might change how worry, anxiety, and depression have a hold on your life.
- Read through the following verses about our identity and discuss what jumps out at you:
  1. Ephesians 2:10
  2. Romans 3:23
  3. Romans 5:8
  4. Romans 10:9-10
- **REMINDER:** Keep your focus on what God is doing in the midst of your deep sorrow and depression. Sometimes God gives us these seasons in order to do his amazing work in our souls and hearts by forcing us to slow down and to really *feel and think* about what is going on inside of us and/or around us. In light of this, what might God be trying to show you? A sin to confess? A step to take? A lesson to learn? Work this stuff out in community. There is no simple answer and every person’s journey is different. Sometimes medication is advised, so talk to a doctor. Sometimes we can’t see the cause, so talk to a trusted friend, Pastor, or Christian therapist. Just remember to stay Christ focused as you work through this, as you are never alone as a Christ-follower!

### Serve:

- If you haven't gone through the Growth Track at Shift, you are missing out! It is a fantastic path to learn more about God, learn about the mission of Shift church, as well as discover truths about your personality, gifting, and purpose. Classes are held in the Treehouse Kidz building following the 2<sup>nd</sup> service. Childcare is provided.
- ***How are you going to serve the people of Gainesville as a small group? Why would anyone be interested in the fact that you are a Christ-follower? If you are not meeting the needs of the community and adding value to the lives of the people around you, you are missing out on an enormous piece of the Gospel message.***
- Has your group signed up to serve at Family Fest??!! Serve the community together!