



MESSAGE REVIEW

Not everyone is going through the same thing as we walk through an emotional and mental health crisis in our world, but everyone is going through something. The Bible promises that when we acknowledge our struggles and get them out in the open, we have an advocate with God in Jesus Christ who wants to redeem every broken thing within us. Depression can be the “check engine light” of our souls. God can and will use it to draw us into a deeper relationship with Him if we allow it.

WARM UP QUESTION

Describe the happiest day of your life.

- 1** **Read 1 Kings 19:1-18.** God has just given His prophet Elijah a great victory, but instead of joy, what emotions does Elijah experience in vv. 3-4? Describe a time in your life when depression came on the heels of a spiritual high or as a result of fear of something?
- 2** How does God tend to Elijah’s physical needs in vv. 5-9? What does the angel know lies ahead for Elijah? Has a lack of tending to your whole person ever led to a spiritual drought in your life? Are you in the midst of one now? What aspect of your life – physical, mental, emotional, or spiritual – might God be asking you to tend to?
- 3** How does God show up while Elijah is in the cave (vv. 11-13)? What true but negative things has Elijah believed that have caused him to arrive at false conclusions (vv. 10 and 14)? God sends Elijah back on mission with what truth from v. 18? What true but negative things may the enemy be accusing you of right now and you need God to intervene and stop the momentum? Spend some time praying for each other.
- 4** **Read Psalm 42.** What pattern do you notice between the first half of this Psalm (vv. 1-5) and the second half (vv. 6-11)? Have you ever asked questions of your depression like the psalmist does in v. 5 and v. 11?
- 5** What action words does the psalmist use to ward off his depression? What action step might God be asking you to take? Seeking out professional help? Remembering with gratitude His work in your life? Praising Him in corporate worship?

RESPOND

What have you learned about God from His Word? How is He asking you to apply it to your life? When will you apply it?

Encourage group members to read Daily Bible Reading on the church app or have it delivered to their inbox daily. Subscribe at tpcc.org/dbr. Use your group chat to check in on thoughts about these throughout the week!