



**Punched – Depression**  
**Sermon Discussion Questions – October 2**

***Scripture Passages:***

**Psalm 42:3-5**

My tears have been my food day and night, while men say to me all day long, “Where is your God?” These things I remember how I used to go with the multitude, leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng. Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

**2 Corinthians 1:8**

We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself.

**Hebrews 4:15**

‘For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.’

**Matthew 26:38**

“My soul is overwhelmed with sorrow to the point of death.”

**Deuteronomy 30:19**

This day I call heaven and earth as witnesses against you that I have set before you, life and death, blessings and curses. Now choose life...

## **2 Corinthians 10:3-5**

For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

**Matthew 6:22-23** The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. But if your eyes are bad, your whole body will be full of darkness.

## **John 11:20-27**

20 When Martha heard that Jesus was coming, she went out to meet him, but Mary stayed at home.

21 “Lord,” Martha said to Jesus, “if you had been here, my brother would not have died. <sup>22</sup> But I know that even now God will give you whatever you ask.”

23 Jesus said to her, “Your brother will rise again.” 24 Martha answered, “I know he will rise again in the resurrection at the last day.” 25 Jesus said to her, “I am the resurrection and the life. The one who believes in me will live, even though they die; 26 and whoever lives by believing in me will never die. Do you believe this?” 27 “Yes, Lord,” she replied, “I believe that you are the Messiah, the Son of God, who is to come into the world.”

## **2 Corinthians 4:16-18**

Therefore, we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

### ***Warm Up:***

September is now official gone, take some time to reflect on this past month. What are some things that gave you life this past month? What memories were made that you will take with you?

### ***Discussion:***

1. Depression was the punch that was addressed this Sunday. What are some images or definitions that come to mind when you think of the word depression? How might depression be different from sadness?
2. Pastor Scott defined depression as “a hopelessness, that is not consistent with reality.” He also gave some examples of what depression can look like saying, “it clouds our judgment, cause us to feel controlled, consumes our emotional energy, distracts us from our purpose, and/or robs us of abundant life.”  
Do or have you ever resonated with these phrases about depression? How might you know if depression is starting to have this kind of impact on your life?

3. Read the Psalm 42:3-5 passage.

In what ways have you resonated with David in this passage? David is crying out to God, how often do you turn to God in the midst of your despair? What might it look like to turn to God in your pain?

4. Jesus himself has experienced seasons and moments of depression. We see a moment like this in the garden, read Matthew 26:38.  
What is your reaction to knowing Jesus has battled with depression in his own life?
5. Read Deuteronomy 30:19. Pastor Scott explains we have two choices in front of us life and death. We are encouraged to choose life. Pastor Scott continues to share that we must chose life by controlling our thoughts.  
What do you think it looks like to control your thoughts? What might life giving thoughts be like?
6. Read 2 Corinthians 10:3-5. Pastor Scott explains the devil uses lies to keep you captive, but the devil as no authority, that God's truth has all the authority. When we replace the lies with God's truth, we begin to change how we think about ourselves.  
What truths from Scripture do you need to remember or hear? What are some ways that God has encouraged you in the past through seasons of depression? How might you share these truths with others who are in a season of depression?
7. Pastor Scott continues to explain that we must choose life by setting up our hope in God. He uses the story of Lazarus to show us this. Read John 11:20-27. Martha had settled in her heart that Jesus is who he says he is, and her hope was in Jesus. Pastor Scott used this story to say, "Our hope does not need to be in the outcome, but our hope is in the one who holds the outcome."  
Where is your hope found most of the time? How does putting our hope in Jesus bring us through these seasons of depression?
8. The final part of choosing life is to fix your eyes on Jesus. Pastor Scott explains how this is when we don't just focus on what we see but we focus on what Jesus has said to be true of the unseen.  
How might you fix your eyes on Jesus?
9. Were there any other thoughts from this message that you had hoped we would talk about as a group? If so, take a few minutes to talk about those as a group.

### **Next Steps:**

Begin to reflect at where you are at personally. If you are in or have been in a season of depression for a while now,

- Begin by sharing where you are at with God, pray that he may give you the courage to take next steps and choose life.
- Then share with your community or small group where you are at, in seasons of depression we might not want to burden others or might not know how to ask for help. Letting people in who care about you will help you in making next steps and choosing life by encouraging you to take

control of your thoughts, speaking God's truths into your life, and walk with you as you guys fix your eyes on Jesus.

- Also, if you are seeking more help reach out to
  - Grief Share Group
  - Personalized Care (one on one care givers)
  - Celebrate Recovery Group
  - Or 1 on 1 meetings with a pastor

If you are not in a season of depression currently begin to reflect on who in your community might be in that season. Encourage these people to choose life through controlling their thoughts, setting their hope in God, and fixing their eyes on Jesus.