

Let's Talk About Mental Health

The evidence is all around us—people of all ages are struggling with their mental health like never before. And not acknowledging the struggle isn't helping. So that's what we are going to do at The Hills—talk about mental health. We invite you to join us for a conversation that will be full of honesty, compassion, and hope...because Jesus is being invited too.

Week 4: Let's Talk About Depression

1. Rick began by pointing out that *"life is far more difficult than we want to let on."* Why is it important to acknowledge this fact? Follow up: In what ways does the Bible disagree with the popular Christian myth that *"if a person's faith is good they should never feel bad"?*
2. **DEPRESSION IS NOT YOUR FAULT...** *"Depression"* comes from the Latin word that means *"to press down."* The idea is experiencing a chronic and unrelenting heaviness in your soul. How do verses like **Psalm 6:3, 6 and 13:2** give you permission to express the heaviness you may feel at times? In what ways is that healthy and normal?
3. **Depression is a sign, not a sin. Read Psalm 42:1-5.** What resonates with you the most from this passage? What comfort do you find even in the midst of the psalmist's questions? Follow up: *While depression is not sin, one can deal with depression in ways that are sinful.* Why is it crucial to be mindful of how we choose to deal with the impact of depression?
4. **...BUT DEPRESSION NEEDS YOUR FAITH: *Reveal how you feel.*** *The psalmist was not only honest to God but to his entire faith community.* Why is that so significant? Follow up: Reflecting on the testimony from Rachel, why is *staying in the dark* not beneficial? How can allowing people to *walk alongside you* during a heavy time be such a helpful thing?
5. **...BUT DEPRESSION NEEDS YOUR FAITH: *Search for the why.*** *The psalmist ask "Why" five times.* What are the benefits for stopping to ask questions like *"Why am I feeling this way? Why am I so sad, afraid, angry?"* Follow up: What are some other things you might need to do if you are experiencing depression?
6. **...BUT DEPRESSION NEEDS YOUR FAITH: *Worship in the dark.*** **Read Psalm 42:5.** How has worship been helpful to you in dark times? What songs have blessed you? Follow up: How does it make you feel knowing that God wants to be with you no matter what?
7. Rick closed by reminding us that *"God will never get down on you when you're down."* **Read Psalm 145:13-14.** What encouragement do you find in these verses? Share about a time when you experienced the goodness of God during the midst of a hard time in life. Spend some time praying for God to do some *"heavy lifting"* for the people in your group.

