



Be Still and Know Part 4: "Dealing with Depression"

1. Job asked the question, "Why?" What are some of the "why?" questions you've struggled with and discuss.

2. How does Job's lament challenge traditional views that if someone has faith in God then they won't ever experience depression or dark moments?

3. When you go through suffering, do you allow yourself to feel your pain and honestly express how it makes you feel to God or do you find yourself suppressing your feelings, walling them off or ignoring them with entertainment, busyness or chemical or food dependency? Discuss the ramifications of these different approaches.

4. Read and discuss how the following verses can help you or someone you know who is going through dark times.
 - a. Isaiah 40:28-31
 - b. Matthew 11:28-30
 - c. 2 Corinthians 4:13-18 & 2 Corinthians 5:1-10
 - d. 2 Corinthians 10:3-5



Colossians 3:23 Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.

Ephesians 4:32 Be kind to one another.

1. Share about a time when someone showed you kindness.
2. How did David show kindness to Mephibosheth?
3. Everything we do, we do for the Lord, even showing kindness to others. Why does God call us to be kind to all people?
4. How did/does God show us kindness? Why does God show us kindness?
5. Can you think of a time when it's hard to be kind? Pray together and thank God for his kindness through Jesus and for the Spirit's strength to share the kindness of Jesus even when it's hard.