

## NOTES

### THERE IS NO HOPE FOR MY DEPRESSION PSALM 42-43

“Why, my soul, are you downcast? Why so disturbed within me?”

You don't have to be okay \_\_\_\_\_.

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### DISCUSSION QUESTIONS FOR FAMILY, FRIENDS & GROUPS

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- 1 . If you are open to sharing, what has your experience been with depression, anxiety, or other mental health issues—either in your own life or the life of others around you?
- 2 . What does it mean that “depression is not one thing”? Why is it important to address depression (and other mental health issues) from multiple angles?
- 3 . Why does God feel distant when you are depressed? How does lament help?
- 4 . Why is it important to learn to “talk to yourself” when you are depressed?
- 5 . What can you do to help make our church a place where people can be open about and find support for their mental health needs?
- 6 . If someone tells you they are considering ending their life, how should you respond?