

Sunday January 22,  
2017

**We Have Issues, God Has Answers: Depression**  
**Sermon # 2, Psalm 42:1-5**

**Main Point:** *Hoping in God will bring light into our darkness.*

**Getting to Know You**

1. Why do you think depression is such a big deal in our culture? Why does it impact so many people? Do you think the church should be involved in talking about this issue?

**Getting into the Book:**

2. Read Ps. 42:1-5-What are some of the key words in this passage?
3. Who wrote this passage? Why do you think it is significant that these people wrote this Psalm? (See 2 Chronicles 20:19)
4. Who does this person long for in verse 1-2? What role is this desire playing in the author's emotions? In your opinion is desire a bad thing? How may this desire help the author face his issue? (Point out this is the living God-Jeremiah 10:10. We do not point people to just an idea but the person of God. Even in our use of scripture to combat depression, we use it to come to the "Living God".)
5. How is our N.T. faith different from the way this author related to God? What advantages does this give us? (See Hebrews 4:16)
6. What lies does the phrase, "Where is your God?" carry with it? Is this phrase used elsewhere in scripture? Is the correlation between the lies this person is experiencing and the attacks of Satan accurate? (See John 8:31-59, 1 Peter 5:5-11)
7. What shift takes place in verse 4 and 5?

**Getting Out There**

8. How is God calling you to apply this message to others whom you may know who are struggling with depression?
9. Why is it important for us to go on the offensive with our thoughts? How can we help other people to speak to themselves vs. listening to themselves?
10. Are there thoughts you need to take captive? If so what does that look like for you? (See 2 Corinthians 10:4-6) What messages do you need to preach to yourselves?

**Pray**

**Take time to pray around your circle. Pray for the person on your right.**