



“Hope For Depression”
Presenter: Doug Freeman

Talk It Over

Missing Peace
(Week 3)
“Hope For Depression”

1. The reality of depression
2. Finding hope in your faith

SMALL TALK

1. Talk about some things that bring you hope, and things that improve your emotional outlook. What makes you smile?

VIEWPOINT

2. Read Lamentations chapter 3 verses 17 through 20 and the first word in verse 21. How does Jeremiah express that his emotions and feelings are a reality but not permanent?
3. Read Lamentations chapter 3 verses 21 through 23. What step does Jeremiah take to turn hopelessness to hope.
4. Read Lamentations chapter 3 verses 24 through 26. What is Jeremiah reminding himself about in these verses.

GETTING PERSONAL

5. Share a story of how God’s unconditional love and grace was a source of hope and healing when you or a loved one was experiencing anxiety and depression.

MAKING PROGRESS (THIS WEEK)

6. Our mental health is not a static thing, but something that needs to be seeded, rooted, nurtured, trained, and protected. What spiritual, relational, and situational tools will you add to your toolbelt to take a step in this direction.

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