



1. We all feel depression at times as King David did. When you feel depressed, how does it affect you? What do you do to help yourself get out of depression?
2. Read Job 3 together. How would you describe Job's state of mind? Can you relate to any of the feelings that Job had? Which ones? Do you think he was suicidal?
3. Read Job 1:13-18 and 2:7-10. Make a list of all of the bad things that happened to Job. If what happened to Job happened to you, how do you think you would feel? Now read Job 1:20-22 and 2:10. If you were in Job's position, do you think you would have this attitude? Job thought it would be wrong to blame God for what had happened to him, yet many people blame God when bad things happen to them, why do you think this is so?
4. According to Pastor Rick in his message, what are the 6 steps to take to stop feeling depressed? Which one would find to be the hardest to do? Why?
Answer— The 6 steps are: 1. Go to God and ask for help, 2. Acknowledge that I may have some responsibility for my depression, 3. Recognize the cause of my depression and verbalize it, 4. Worship God regardless of how I'm feeling, 5. Trust God's plan regardless of how my world looks, and 6. Follow God's word and do God's will.
5. Pastor Rick said that depressed people have negative thoughts about three areas of life, what are they? Of the three, which one do you tend to think negatively about? Why? As a Christian, how should we think about these areas and why? *Answer—The three areas are: 1. They view the entire world negatively, 2. They view themselves negatively, and 3. They view the future negatively. As a Christian, we need to acknowledge that God created the world, he created us the way we are, and he is in complete control of what happens in the future so whatever happens to us, it has been allowed by him to teach us to trust in him and not ourselves.*