

# SET FREE FROM DEPRESSION

1 KINGS 19:1-21

## DISCUSSION QUESTIONS:

Open your group or time alone in prayer, and remember that this is only a guide. Feel free to discuss each of the provided questions and Next Steps above, or simply dive deeper into just one. Before you close with prayer, look over the three essential questions at the end.

### ICEBREAKER (options):

- Have you ever had a “midlife crisis” or seen a family member go through it? What was it like?
- What was your favorite “hideout” as a kid?

1. Why did Elijah run to the desert and pray to die?
2. What did Elijah need the most?
3. What was God saying to Elijah through the gentile whisper?
4. Has your life taken a discouraging turn lately? Has God ever asked you “What are you doing here”? What was your answer?
5. When you experience a let down, what helps you recover? (i.e. – sleep, a vacation, nourishment, fellowship with others, a task, alone time, time with God, etc.)
6. When is a time you felt like you couldn’t go any further? What got you so discouraged? What got you going again?
7. Do you have some spiritually mature “2 am friends”? Do you know and are living out God’s purposes for your life?

## THREE ESSENTIAL QUESTIONS

1. **What do you think?** How did this message challenge, change, or affirm your thinking? What point in this message was most impactful for you?
2. **What will you do?** How will you or your group put into practice what you've learned today?
3. **How can you help others in your group?** How can you encourage, affirm, pray for, or keep accountable the commitments they put into practice?

## KIDS' GUIDE:

Are there times you have been discouraged and felt all alone? Have you ever felt there was no way out of a difficult situation? Pastor David's sermon is about being set free from depression. People who are depressed can feel sad, burned out, stressed out, alone, and afraid. They can feel like giving up. Perseverance is a big word. It is the opposite of giving up. We can learn a lot from Elijah's story because Elijah felt some of these same things.

Read 1 Kings 19:11-18.

Elijah wanted to give up. Elijah knew he didn't have the strength on his own to finish what God asked him to do. God provided food and strength for Elijah. God showed Elijah His power. God told Elijah His plan. God helped Elijah know he was not alone. When things got difficult and Elijah felt like giving up, God gave him the strength to persevere. Elijah felt like he was the only one standing up for God. Have you ever felt that way at school? It was difficult for him to keep going when he felt alone. God told Elijah there were 7,000 people who still loved and obeyed God. Knowing he was not alone helped Elijah keep living for God even when it was difficult.

## FAMILY DISCUSSION:

Pastor David gave us this as a next step for the week:

This week, I will sleep 8 hours a day, exercise each day, read the Bible and pray for 30 minutes a day, and serve or encourage one person a day.

Discuss and create a strategy for how your family will accomplish this next step.