

MESSAGE DISCUSSION QUESTIONS

JAN 31, 2021 // BREATHING UNDERWATER



Senior Pastor Marty Grubbs continued in our series, Breathing Underwater, and with vulnerability and honesty described his experience with depression. After what could be considered the best day, one of new beginnings and celebration, he found himself in a dark place that was determined to be clinical depression. Marty's message is one of compassion and empathy, and is certainly timely. The circumstances people find themselves in, before and during the pandemic, have triggered some level of depression for many. Understanding that it is real is the beginning to find hope that it can be cured or managed. There are some practical steps, including spiritual involvement, engaging professional medical advice and counsel, medications, and natural options that can help. Maybe the best news is that you are not alone in depression, Jesus understands, and God will give you the power to work through the darkness to find hope again, and at Crossings we have resources to help. If you are depressed, don't isolate, lean on your good friendships, and seek help. If you know someone who is depressed, reach out. Let them know they are not alone, and that you care. Our God is a God of hope, light, and restoration – and through his power, which is greatest in our weakness, and with resources readily available, healing and wholeness is possible.

SCRIPTURES:

Anxiety in the heart of man causes depression, But a good word makes it glad. – Proverbs 12:25 NKJV

My grace is all you need. My power works best in weakness. – 2 Corinthians 12:9 NLT

I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.

– Lamentations 3:19-23

DISCUSSION QUESTIONS

1. What stood out to you from Marty's message?
2. Read Proverbs 12:25. What are some causes of depression – beyond what we see in Proverbs?
3. What experiences have you had with depression? Either personally or with a loved one or friend?
4. What are ways you've heard depression described?
5. Have you struggled with believing depression is a real medical and spiritual diagnosis? If so, what do you think has influenced this belief?
6. Read 2 Corinthians 12:9 and Lamentations 3:19-23. What can help dispel depression from a spiritual standpoint?
7. What are additional practical ways to help with depression? How can you offer help to others?
8. How can we pray for you?

PRAYER

Pray to your powerful heavenly Father acknowledging his love and hope in your darkest days. Ask him to show you those that need to avoid isolation in their depression, and if you are struggling with depression yourself, ask God for strength to take steps to find healing. Ask God to give you glimpses of light to propel you forward to the next step.

Crossings has pastors and resources available if you are suffering from depression.

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**Remember that oftentimes a medical professional is part of the healing process as well.*