

Small Group Lead Notes-Lesson 13 Depression: The Quiet Destroyer

- **Ppt1: four:one Journey – Lesson 13**
 - Have this opening ppt up each week as participants arrive, to provide a sense of welcome and readiness for the upcoming session
- Follow the outline on Page 13-3 for the Welcome & Prayer
- Address unfinished material from previous lesson if necessary
- Discuss homework completed from previous lesson.

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The Prepare page

- **Take Away:** Have someone read the Take Away on P 13-2. **Ppt 2: Take Away**
 - As you viewed the video presentation by Pastor James Forsyth, what new insights did you glean?
 - Utilize the White Board throughout your session to emphasize key points
 - Can you share any noteworthy observations you made from the video presentation by Troy & Melissa Haas?

Depression Defined

- Review thoroughly the content on pages 13-4 and 13-5
 - **Ppt. 2** Depression is a complex and serious condition that interferes with the individual's ability to function and carry out daily tasks, including personal care.
 - **Ppt 3** Note that the term "clinical depression" usually refers to a more serious type of depression which is persistent in length and severity.
- **Ppt 4** Psalms 42:3, 5-6
 - Work through these passages of Scripture and inquire their answers from p. 13-5
- **Ppt.5** Job 3:1-5; 10:1
 - Work through these passages

Causes

- Remind your participants that the complexity of depression makes it almost impossible to definitively state it's root cause. There are likely many painful components on this journey from discouragement to depression.
- Discouragement and disappointment are normal life happenings. It simply means...you are "human."

Types of Depression

- Briefly review the types or descriptions of Depression.
- Note that our discussion will be more about symptoms of depression than trying to identify depression's origin.

- **Ppt 6** Review James 1:2-4; Matthew 26:39-42
 - Where we don't want to assign all of life's difficulties to sinful patterns or behaviors, discuss the individual's role in embracing God's sovereignty over our lives.
 - Continue reading James 1:5-8 and discuss further the part we may play in distressing circumstances and their consequences.

Depression in Women...Depression in Men

- As you work through these sections, remember that we are identifying symptoms, and encouraging responsible action to address the crippling affect depression can produce. We are not attempting to identify the cause.
 - However, identifying sensitive seasons of life (see lists on p. 13-12; p. 13-17; p. 13-18) can contribute to a helpful awareness of depression.
 - Be sure to look at the unique differences in the way depression manifests itself in Women (p. 13-10, 13-11) and Men (p. 13-13, 13-14)

Recap Lesson

- **Ppt. 7** Have someone read aloud, the opening paragraph on p. 13-19.
- Encourage your group that God has given them, through Jesus Christ, everything for life and godliness, and that Christ in them is capable of bringing them into this area of freedom.

Homework & Application

- **Ppt. 8** Review the bullet points on p. 13-20 (don't take too much time on these, as each one could produce a lengthy discussion).
- Remind your participants that, although we don't have all the answers to depression, we want encourage them to address the subject with wisdom and responsibility,
- Prayer