

Conversation Guide

Mental Health, ep. 2

Episode 2 summary:

- We often equate sadness and depression, but Major Depression isn't just a period of sadness, it is a mental disorder.
- Major Depression can disrupt many systems in our bodies like our eating and sleep schedules. It can also impact our self-esteem and our sense of purpose.
- Depression isn't a spiritual failing, but our spiritual lives can have a big effect on our mental health. It's important to remember, that just like with David and Jeremiah, God cares about our mental health.

1. Anxiety
2. Depression
3. Suicide

Discussion questions

01 Have you ever felt stuck in a period of sadness or depression? Was there something that helped you get unstuck?

02 Do you feel like you have relationships in your life that help with your mental health? What advice would you give to someone who maybe doesn't have those relationships?

03 Does it surprise you that so much of the Bible talks about sadness and sorrow and maybe even depression? Why do you think the Bible emphasizes it so much?

Diving deeper

Read Lamentations 3. It's a long section of scripture, but it really shows why Jeremiah was called "the weeping prophet". But, at the same time, Lamentations 3 is surprisingly full of hope. We may be wrestling with depression right now, or we may never wrestle with it, but in this life, we will encounter things that cause us grief and sadness. Scripture like Lamentations 3 can help us remember that the Lord sees us and cares about our grief and sorrow.