

Small Group Questions

Depression and Anxiety

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*You do NOT have to answer or discuss every question. Feel free to just pick a few. These are meant to guide you in truth. If you are having trouble answering a question, ask your small group leader to help you. They are committed to helping you develop as an authentic follower of Christ.

The COMMUNITY:

1. What questions would you like to see the panel address regarding depression and anxiety? Submit these questions to your small group leader and discuss in group.

Into the WORD/APPLICATION:

Here are some suggested sites in order to dive deeper into God's Word: blueletterbible.org, desiringgod.org/articles/all, biblos.com, ccel.org, logos.com, connect.ligonier.org, thegospelcoalition.org/channel/bible-and-theology.

1. Read Psalm 77 and answer the following questions.
 - a. What language can you identify with in this passage?

b. How can Asaph ask these questions about God and not sin?

c. What is Asaph's strategy to have his soul comforted?

d. How can you implement Asaph's strategies?

e. How can you provide soul care to those wrestling with depression and anxiety in your life?