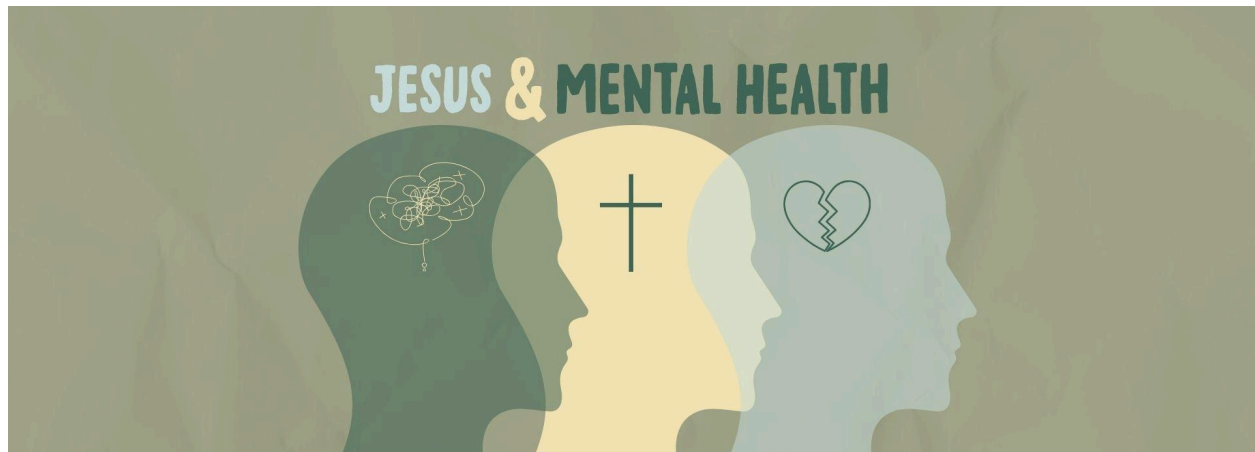




Sermon Discussion Questions
10/04/2026

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Sermon Series: Jesus & Mental Health
Week 3: Jesus and Depression

1. ICE BREAKER: Little kids are pretty good at letting everyone know exactly how they're feeling. If they're mad, sad, hungry, tired, or just got the wrong color cup, you're probably going to hear about it!

What's something you remember getting really upset about as a kid that seems pretty ridiculous now?

2. Read our Scripture for this week: Psalm 42:1-11

¹ As the deer pants for streams of water, so my soul pants for you, my God. ² My soul thirsts for God, for the living God. When can I go and meet with God? ³ My tears have been my food day and night, while people say to me all day long, "Where is your God?" ⁴ These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng. ⁵ Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. ⁶ My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar. ⁷ Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. ⁸ By day the LORD directs his love, at night his song is with me—a prayer to the God of my life. ⁹ I say to God my Rock, "Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?" ¹⁰ My bones suffer mortal agony as my foes taunt me, saying to me all day long, "Where is

your God?" ¹¹ Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Can you relate to some of the struggles the author describes? When you're struggling, what do you tend to do?

3. Definition of depression: Is a state of emotional and mental heaviness that can begin to affect the way you think, the way you feel, and the way you function in everyday life.

Depression doesn't look the same for everyone. Why do you think it can be difficult to recognize when someone is struggling with depression?

4. Pastor Brandon mentioned the 7 areas that can contribute to depression: Biological, Medical, Habitual, Relational, Circumstantial, Mental, and Spiritual.

Does one of these areas seem especially relatable to you? Why?

5. Acknowledge what you feel. Read Psalm 42:9. We can walk away from God. We can fake it with God. We can face it honestly with God. Lamenting is choosing to face it honestly with God.

When you're struggling, how easy or difficult is it for you to be honest with God? What might it look like to be more honest with Him?

6. Acknowledge there is hope. Read Psalm 42:6a.
Sometimes hope is something you feel, it's something you remember.

Have you ever stopped to remind yourself of what God has already done in your life? How can remembering those things help when you're struggling?

7. Contend in the messy middle. Read Psalm 42:5. The temptation in the messy middle is to stop doing the things that help us move forward because we don't feel like they're working.

Have you ever felt this way? What's the one next faithful step you can take when you start to feel this way?

8. Closing. Read Psalm 42:11 and Psalm 42:5. The psalmist asks, "Why, my soul, are you downcast?" but he also says, "I will yet praise him."

Maybe you can't say, "I'm better," or, "I understand why this is happening." What could your "yet" look like?

9. PRACTICE: Have someone in your group put on music. (We suggest "Soaking in His Presence" if you need a recommendation!)

- Reflect on these verses:
 - "...*Why have you forgotten me?*" (Psalm 42:9)
 - "...*therefore I will remember you.*" (Psalm 42:6a)
 - "...*for I will yet praise him,*" (Psalm 42:5)
- Lament - What are you carrying right now that you need to be honest with God about?
- Hope - What is something you can remember about God or something He has done that gives you hope?
- Contend - What is one next faithful step you can take, even if you don't feel like it?