



THE STRUGGLE OF DEPRESSION MAY 15TH, 2022

According to the New York Times, “The rates of depression have tripled since the pandemic from 8% - 10% and now the rate is about 30% depression rate!”

Merriam-Webster Dictionary - “Depression is a mood disorder that is marked by varying degrees of sadness, despair, and loneliness and that is typically accompanied by inactivity, guilt, loss of concentration, social withdrawal, sleep disturbances, and sometimes suicidal tendencies.”

READ THE WORD

Psalm 42

STUDY THE WORD

1. What does it mean to thirst for the living God? Psalm 42:1-2
2. What does it mean to pour out your soul to God? Psalm 42:3-5
3. What does it mean to remember God is faithful? Psalm 42:6-8

4. What does it mean to talk to yourself instead of listening to yourself? Psalm 42:9-11

SHARE THE WORD

1. In what ways could you begin to develop a deeper thirst for God?
2. What would it look like for you to pour out your soul to God?
3. How would you describe God’s faithfulness?
4. How would talking to yourself instead of listening to yourself make a difference when it comes to depression?

PRAY THE WORD

ADORATION – Praise God for His word

CONFESSION – Search your heart for sinful attitudes or actions

THANKSGIVING – Give thanks for God’s faithfulness

SUPPLICATION – Ask God to help you overcome depression