



# The Point

A Companion Bible Study for Individuals & Small Groups  
For Message Series: *Baggage*  
Message: *Overcoming Depression*

## Listen:

Ask: Pretend you have been asked to give a two minute speech on the most joyful time in your life....what would you say?

## Learn:

Ask: Life is not always joyful....if you had to give a speech on the most depressing time in your life....what would you say?

Read Psalm 6:6

- How does King David describe his depression?

Read 1 Kings 19:4

- Why was Elijah depressed?
- Some Christians think equate depression with spiritual weakness...what do you think?

Read Ecclesiastes 4:9-10

- Where should we seek help for depression?
- Do you think depression can have a physical cause? If yes, what can we do?
- Some people think it is wrong to treat depression with medicine...what do you think?

Read Psalm 147:3

- What promise is revealed in this verse?

Read Isaiah 61:1-7 (This passage is the one Jesus read in synagogue as He began His ministry)

- What hope can the depressed find in this verse?

**Live:** Pray God would lay on your heart someone who is depressed today...then call them and listen.



December 30, 2007 - Baggage Check

January 6, 2008 - Overcoming Addictions

January 13, 2008 - Emotional Baggage

January 20, 2008 - Overcoming Depression