

# Let's Talk About It: Week 2

## Discussion Guide

### Discuss:

- What will help me deal with depression?
- What are the signs someone I care about is struggling with depression?
- When is their depression severe enough that I should intervene or refer them to a counselor?
- When was the last time you experienced depression and what helped you? [10 min]
- When have you supported a loved one experiencing depression? What did you do or say that was helpful? What was not helpful? [10 min]

### Other Passages to Read:

- “The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.” Deuteronomy 31:8
- “Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.” Psalm 23:4
- “I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the Lord and put their trust in him.” Psalm 40:1–3
- “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11:28–30

### Prayer:

This week could be great time for silent prayers. Explain that you are going to have a time where people can just call out a name and the rest of the group will pray silently for that name. After a few moments another person can call out

another name for prayer. After 30 seconds of silence, you can close in prayer aloud.