



# WHEN I'M FEELING

A NEW HOPE WINDWARD SERIES

## TIPS TO A SUCCESSFUL GROUP

- **START & FINISH ON TIME.** Doing this will show your small group you value their time.

## When I'm feeling SAD.

### ICEBREAKER

If you followed your heart more than your head what would be different in your life?

### INTRODUCTION

Our hearts can lead us in all different directions. They can make us happy and fulfilled, or anxious and frustrated. One place they can lead us to is sadness. We may feel discouraged, or broken hearted. God wants you to have a tender heart, but tender hearts can get hurt. What do we do when we are feeling sad? This week we'll look at how to keep hope in the face of depression.

## READ I

Everyone either deals with depression at some point in their life or we know someone who has struggled in their lifetime. Depression doesn't affect us all in the same way, but it's been described as an emotional winter and what feels like a lethal absence of hope.

*Hope delayed makes the heart sick, but desire fulfilled is a tree of life.*  
*Proverbs 13:12 (CSB)*

Sadness is a part of life. There are times when things don't go our way and we get sad. But depression is a little different. It's like a constant winter where hope seems like a far-off memory. It's a constant cloud over our heads that keep us in a perpetual state of sadness. Instead of a "rainy day" now and then, each day is a struggle just to move ahead.

People who are experiencing depression can feel extreme sadness, anxiety, or loss of joy. They can even suffer from poor concentration, sleep problems, and a loss of appetite. They can get overwhelmed with guilt, shame, and helplessness. What they truly need is a restoration of hope.

**If you've ever felt that way, what is one place you've gone to for help? (Answers could include a counselor, a psychiatrist, a friend, or the Lord. NOTE: All of these answers are acceptable, but serious mental health conditions should be addressed with a qualified person.)**

## READ I

David was known as a man after God's own heart. He loved to write and sing about the goodness of the Lord. But he also revealed a lot about his heart. Take a look at just a few of the psalms he wrote:

*I lie awake, lonely as a solitary bird on the roof.*  
*Psalms 102:7 (NLT)*

*I am worn out, O LORD; have pity on me! Give me strength; I am completely exhausted and my whole being is deeply troubled. How long, O LORD, will you wait to help me?*  
*Psalms 6:2, 3 (GNT)*

*O LORD, how long will you forget me? Forever? How long will you look the other way?  
How long must I struggle with anguish in my soul, with sorrow in my heart every day?  
Psalm 13:1-2 (NLT)*

**David was not afraid to be vulnerable before the Lord. What are some of the benefits of allowing ourselves to be this vulnerable with the Lord?**

## **READ I**

Sadness can become a cycle. We have a sad thought, and it leads us to more sad thoughts. Our minds go round and round dwelling on negative self-talk. Psychologists have an official name for this, it's called ruminating. It's a lot like meditation. Rather than look at the good God has done, we can get addicted to worrying, being negative, grumbling and focusing on what's wrong, not what's right in our lives.

Some of these lies are:

"God doesn't care about me."

"God isn't good to me."

"I'm not valuable, talented and worthy."

"No one understands."

"Nothing ever goes right in my life."

Now take a look at how David responded to negative rumination:

*The LORD is my light and my salvation—so why should I be afraid? The LORD is my fortress, protecting me from danger, so why should I tremble? Wait patiently for the LORD. Be brave and courageous. Yes, wait patiently for the LORD.*

*Psalm 27:1, 14 (NLT)*

**We are all susceptible to a cycle of sadness. How would saying these verses in those times help?**

## READ I

David was not just worshipful and vulnerable, he was humble. In one of his most famous songs, he describes himself as a sheep and the Lord as his Shepherd. Psalm 23 has brought joy and comfort to countless people throughout history. And it's a great psalm to read when you are down.

*“Because the Lord is my Shepherd, I have everything that I need! He lets me rest in meadow grass and He leads me beside quiet streams. He gives me new strength. He helps me to do what honors Him the most. Even when I'm walking through the dark valley of death I won't be afraid, for You are close beside me, guarding, guiding all the way. You provide delicious food for me in the presence of my enemies. You welcome me as Your guest; blessings overflow! Your goodness and unfailing kindness shall be with me all my life, and afterwards I will live with You forever in Your home.”*

*Psalm 23*

Counseling and professional health are a must when you are clinically depressed. And worship and prayer are also essential, but notice how David focused on all of the amazing blessings and benefits when we follow God as our Shepherd.

**Please re-read Psalm 23 above. Which of the underlined blessings speaks to you and encourages you? Please share with the group.**

## **WHAT WILL YOU DO?**

You are likely either feeling the effects of depression or know someone who is. Remember that God has supplied what you need:

- Get help when you need it.
- Go to His Word for comfort and process your feelings with Him.
- Focus on what's right, not what's wrong in whatever is depressing you.

## **ADDITIONAL ACTION STEPS:**

Reading God's WORD daily re-patterns the way you think and transforms your mind. Take some time to do SOAP using the scriptures from this week's list on the next page.

## **CLOSE IN PRAYER**

O God of all comfort, thank You for comforting us in all our troubles. When we are down, You want to pick us up. When we feel lost, You want to find us. Give us the strength to see past the negative self-talk and understand Your full truth. And give us the courage to reach out for help, and to help others who need it. In Jesus' name, amen.



## Find Time to READ God's WORD

Reading God's Word daily re-patterns the way you think & transforms your mind. Doing your daily devotions is an excellent way to record, process, & share what God is teaching you on a personal level. We do this using S.O.A.P.

- S - Scripture**
- O - Observation**
- A - Application**
- P - Prayer**

### Here's an example:

**S:** *Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.' "*

*--Matthew 4:4 (NIV)*

**O:** Jesus said that we can't live on food alone. Our life is sustained through His Word.

**A:** Just as food is important to me, God's Word is even more because it will sustain me and give me the strength to live out my life.

**P:** Jesus, thank You for reminding me that I need Your Word to give me the wisdom & strength to follow You. Help me to make time to spend with You daily. In Jesus' name I pray, amen.

## SCRIPTURES FOR S.O.A.P.

### **Day 1:**

***Weeping may last through the night, but joy comes with the morning.***

***--Psalm 30:5 (NLT)***

### **Day 2:**

***Be happy with those who are happy, and weep with those who weep.***

***--Romans 12:15 (NLT)***

### **Day 3:**

***The LORD hears His people when they call to Him for help. He rescues them from all their troubles. The LORD is close to the brokenhearted; He rescues those whose spirits are crushed.***

***--Psalm 34:17-18 (NLT)***

### **Day 4:**

***How blessed are those who mourn, because it is they who will be comforted!***

***--Matthew 5:4 (ISV)***

### **Day 5:**

***He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.***

***--Revelation 21:4 (NIV)***