

## **The Struggle is Real/The Struggle with Depression**

**Main Idea:** In a broken world, God wants us to come to him with our pain and find strength in the truth of who He is and what He says about us.

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### **Connecting**

What is your most and least favorite season of the year?

Had you ever heard of Krump dancing before this message? Do you enjoy dancing? When was the last time you danced?

### **Understanding**

Read Psalm 6 & 13. What are the questions David asks in both these psalms?

In Psalm 6, what change occurs between verses 1-7 and 8-10?

Read Psalm 40. Notice the themes of "crying out to God" and "standing on his truths." Do you think of these two themes in an "either/or" context or "both/and"?

### **Living**

What experiences have you had with depression (personally, family, friends...)?

We have an enemy who is the father of lies (Eph. 6:12). What lies do a lot of people buy into? What lies do you buy into?

As a Christ-follower, what are some truths about God that can help you in your time of struggle?

How can we support those around us who wrestle with depression?

### **Next Week:**