



Jeremy White, Lead Pastor  
Valley Church

August 24 & 27, 2023

Week 4 – When the Darkness Falls (Depression)

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**Introduction:**

- Psalm 13:1-2
- Lamentations 3:17
- Romans 12:2

**Video: Dr. Jeremy Pierre (Southern Theological Seminary)**

“Can a True Christian be Depressed?”

- Ecclesiastes 7:2-6
- Proverbs 17:22
- John 16:33b
- Ecclesiastes 3:4
- 1Timothy 6:6-7; 10

**Dealing with Depression: Three Realities**

1. \_\_\_\_\_ is the path to fulfillment
2. \_\_\_\_\_ what you can, not what you can't
3. \_\_\_\_\_ with the Body of Christ

**The Big Idea:**

When I order my life around these things (contentment, changing what I can change, and doing life with my spiritual family), my perspective is radically impacted and I become more hopeful, joyous and resilient because my hope is not rooted in the false promises of this broken world!

## QUESTIONS FOR LIFE GROUPS AND PERSONAL REFLECTION

### Personal Life:

1. Share, if you are willing, about your life history dealing with depression either in yourself or someone you care about...

### Ponderings:

2. In your own personal experience, how much of your depressive emotions are linked to the unmet expectations of living in a broken world?
3. What have been some of the most helpful and unhelpful ways you have dealt with depressive thoughts and feelings?
4. Ecclesiastes 7:2-6 was mentioned in the weekend message. Read through it again and discuss what you think Solomon means by his contrasts...
5. Why do you think that we as 21<sup>st</sup> Century Americans (more materially blessed than any other culture in global history) suffer from a rise in depression throughout our nation?

### Promptings:

6. Are you willing to begin focusing on the three realities discussed toward the end of the weekend message? If these things became the daily experience of your life, how would it impact your mind-set?

For your reference, here is a sample list of Christ-centered counseling and therapy practices available to you locally:\*

- Kairos Counseling Center (707-874-8463)
- Denham Center for Counseling (707-447-4453)
- Freedom Counseling Group (707-634-4863)
- Restoration Counseling (707-330-7904)
- Meghan Murray, MFT (707-812-1278)

\*When calling, feel free to specify that you'd like to work with a Christian therapist or counselor.