



Lamentations 3:1-27

Depression

10.31.21

Small Group Discussion Guide:

These are questions you could possibly use for small group discussion. Consider what questions work good for your group and what doesn't.

Opening Questions:

1. Can you share a time you went through that was especially sad or difficult?
2. In what ways has the church handled depression well and not well?
3. Do you think mental health should be talked about more in church? What does the Bible have to offer?

Read Lamentations 3:1-20

4. What do you find most striking about Jeremiah's descriptions?
5. Which verse do you relate to the most? Why?
6. Pastor Bryan said, "a lie we might believe is that the spiritually mature don't ever feel like this." How has Christianity taught us to cover up uncomfortable emotions?
7. What kind of experience do you have with depression? How does depression impact our faith?

Read Lamentations 3:21-32

6. What stand out to you the most about this passage?

TWO THINGS TO CALL TO MIND

1) Call to mind who God is.

7. What characteristics of God are mentioned? What would it look like for you to call these to mind?
8. Why do you think this is a first step out of depression for Jeremiah?
9. Is it possible to experience both vs. 1-20 and vs. 21-23?

2) Call to mind that God is still working for your good.

10. In what ways might God be working in our depression and suffering?
11. What would be important to share with someone who is suffering from depression? What are things to say



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and not say?

12. If you have experienced times of depression, what did you find helpful and not helpful?