

III. God Has a Plan For You To Experience Joy (Jeremiah 29:11-13)

*God's desire is for us to have joy

Simple things to do when depressed:

1. pray and read God's Word; share your hurts with God
2. write helpful scripture on note cards or post-it notes
3. sing or listen to Christian music
4. rest
5. be around positive and godly people and share your hurts with them
6. deal with the issues instead of running from them

*holding on just makes it worse

IV. We Can Be God's Depression Medicine

A. Our WORDS or actions can make/break someone's day (as discussed in another lesson)

Proverbs 16:24 ~ *"Pleasant words are a honeycomb: sweet to the taste and health to the body."*

Proverbs 15:30 ~ *"Bright eyes cheer the heart; good news strengthens the bones."*

Proverbs 12:25 ~ *"Anxiety in a man's heart weighs it down, but a good word cheers it up."*

Question: How can a smile ("bright eyes") make/break someone's day?

B. We are called to be happy when people are happy, and HURT with and for those who are hurting

Romans 12:15 ~ *"Rejoice with those who rejoice; weep with those who weep."*

Question: What is the difference between hurting with and hurting for someone?

Think about it: Am I more of an "illness" or "medicine" to the people I am around?

Jeremiah 29:11-13

"For I know the plans I have for you- this is the Lord's declaration- plans for your welfare, not for disaster, to give you a future and a hope. You will call to Me and come and pray to Me, and I will listen to you. You will seek Me and find Me when you search for Me with all your heart."

discuss in groups

Spend time in prayer for those in your group who are hurting.

*Pray in groups. Take requests including how the group can pray for what we learned.

take it home

Begin making a list of verses that can encourage you when you feel depressed. These can also be helpful verses for a friend in need.

Proverbs Reading:

*This week, read Proverbs 19-21

-by the next time we meet, you should have read chapters 1-21 and 31

*Take your time, carefully reading through each verse.

*Highlight/underline key verses that stand out to you.

*Take it deeper- keep a journal about what you learn!