






	<p>The Battle Within: Pursuing Emotional Health - Depression and Suicide</p>
 BIG IDEA	<p>The story of Jesus' grace is a story that can ONLY be told through our own BROKENNESS.</p>
 ICE BREAKER	<p>Think of a time when someone's small act of kindness made a big difference in your day. What did they do, and how did it affect you?</p>
 MAIN POINTS	<ul style="list-style-type: none"> ● Depression is more common than we think, and many suffer in silence. ● God meets us with grace and compassion in our darkest moments. ● God doesn't always take away our struggles, but His grace is sufficient. ● Bringing our pain into the open is crucial for healing and experiencing God's power.
 DISCUSS	<ol style="list-style-type: none"> 1. Were you surprised by the statistic that 1 in 12 people struggle with depression? Why or why not? Why do you think so many people (2/3 according to the sermon) never seek help for depression? 2. Have you ever experienced God's presence in unexpected ways during difficult times? Share if you're comfortable. 3. What does Paul mean when he says, "My grace is sufficient for you, for my power is made perfect in weakness" (2 Corinthians 12:9)? How might this perspective change the way we view our own struggles or "thorns in the flesh"? 4. What are some practical ways you can create a safer environment for people to share their pain? 5. Pastor Ben mentioned ways his depression has been used for good (dependence on Jesus, empathy for others). Can you think of ways your own struggles have produced something positive? 6. How can we support each other in seeing God's power at work, even when healing doesn't come in the way we expect?
 NEXT STEP	<p>What's one thing you can do this week to either seek help for yourself or be more available to support others who might be struggling?</p>
 SCRIPTURE	<p>1 Kings 19:3-5 "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." Then he lay down under the bush and fell asleep.</p> <p>2 Corinthians 12:9-10 I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.</p>
 NEXT WEEK SNEAK PEAK	<p>Join us next week as we wrap up the series called The Battle Within: Pursuing Emotional Health. Come join us and bring a friend!</p>

Questions or Feedback? Email Groups@CentralAZ.com