

What Would Jesus Say. . .about depression?

Message Summary

Jesus understood the depth and breadth of human experience. He would say to those living with depression or anxiety that it is OK to not be OK. As followers of Jesus and as the church, it is critical that we remove the façade of perfection and provide community where health and healing can begin.

Engaging the Word

What are some things that stood out to you in the sermon? Things you specifically related to? Things you didn't understand? Any new insight you are taking away?

Read Psalm 102

1. What struggles and pain do you read about in this psalm?
2. How do you relate to what the Psalmist writes?
3. What do you learn about God and His character from this psalm?
4. What is one truth you take away from this psalm (or Ray's message) that can help you see depression and anxiety as Jesus does?

Engaging the Heart

1. Think about what you have heard or believed about depression and anxiety. How is your understanding impacted by this message? What do you need to do about it?
2. How can you use what you learned from Ray's message in your day to day journey?

For additional insight into this topic, check out the Ray K Translation podcast. Also, if you or someone you know needs resources for getting help, please email info@parkview.cc for the resource list.

Engaging our World

Perhaps you have struggled with depression or anxiety, or maybe you know someone who does. Quietly consider what Ray said about wisdom being the beginning of health and healing. How can you be a part of removing the false veneer of perfection that so often gets put up in church?

Spend some time as a group considering and discussing how you can be a safe community where it really is OK to not be OK. Close your time in prayer together.