

“The Bruised Reed: Depression”

Psalm 42

Ray Cortese, April 26/27, 2014

Reflect on the Text

*Note: Why do we do this first? We always want to start with the Bible itself. The goal is to meditate on the Word and read it with an ear sensitive to the Holy Spirit’s promptings. Look for words or phrases that stand out through logic, repetition, layout, etc.

- Read Psalm 42. What stood out to you? What did you find interesting and/or important? What was challenging or caused you to have questions?

Reflect on the Sermon

INTRODUCTION

- 1 In your own words, what’s the main point of the new sermon series? How do you feel about it?
- 2 Summarize the *Big Idea* of the sermon in **one phrase or sentence** (Note: this is not the same as listing the main points). In other words, if someone woke you up at 3am on Monday morning and asked, “What was the sermon about on Sunday?” what would you say in the midst of your sleepy haze?

THE HORROR OF DEPRESSION

- 3 How would you define depression? Have you, or someone close to you, ever experienced depression?
- 4 Do you feel a deep empathy for people who struggle with depression? If the answer is no, why don’t you?

THE CAUSE OF DEPRESSION

- 5 Why is it a mistake to say that depression is just a physical illness, akin to a broken bone?

- 6 Ray said, “We can be crushed by the weight of our sin and the sin of others.” Can you recall a time when you were depressed for this reason?
- 7 How is our spiritual condition pre-Christ like that of a child who has been separated from his or her parent?

THE HELP OF DEPRESSION

- 8 How did God minister to the prophet Elijah when he was depressed? Read and discuss the following quote:

There are some things that we can do to not only break the cycle of depression, but also help the healing process (which typically lasts a lifetime). For me those things have included eating less fast food, more whole foods, jogging, drinking pitchers of IPA with friends, watching lots of Netflix with my wife, counseling, counseling and counseling.

Don't give a depressed friend a book. Give them a steak instead; preferably an expensive one. And pair it with a loaded baked potato, a bottle of merlot, and if you want to get really spiritual, a whole pan of Sister Schubert rolls.

- 9 What does it mean to “preach to yourself”? Which of the following most struck you?
 - Preach to yourself that God is preeminent – it’s about Him, not about you.
 - Preach to yourself that God knows what He is doing and you can trust Him.
 - Preach to yourself that God cares for you and loves you.
- 10 Why are going to church and being in community non-negotiable habits of the healthy Christian life?

Final Reflections

- How has your understanding, appreciation, and love for God and the gospel grown as a result of this study?
- In what areas of faith and practice are you feeling convicted by the Holy Spirit to act as a result of this study?