

# i n y o u r h e a d

THE BATTLE WITH MENTAL HEALTH, ANXIETY AND DEPRESSION



## Part 3: Bridge Over Troubled Water

---

### INTRODUCTION

Depression is a complex issue that cannot be simply solved with pat answers and Christianese phrases. Whether you struggle with it, have in the past, or know someone who is currently, you are not alone. Even in the depths of darkness and despair, there is light to be found. Find out where in part 2 of *In Your Head*.

---

### LET'S TALK ABOUT IT

---

1. Why do you think as a society we do such a poor job addressing depression?
2. How have the people in your family and/or social circle spoken about depression? What is some of the advice you've heard (or even given) that you have found effective? What have you found to be ineffective?
3. Have you personally struggled with depression before or had a loved one who has? Or, is this part of your life now? How has it impacted you, your relationships with others, and your relationship with God?
4. What do you think of Buck's point that "God's to do list for the depressed is not something **we do**, it's something **God does**?" How does that affect you on a personal level?
5. How have you personally or how have you seen others experience God's love even during the darkest times? If you're currently in a dark season, how are you asking God to show you His love right now?

### THIS WEEK

---

Spend some time reading Psalm 42. Specifically, verse 8. Consider reading it in different translations, using Biblegateway.com or the YouVersion app. In what ways do you feel God commands His love in your life? Think through each of the five ways Buck addressed in his message: Pastors, the Bible, the people in your life, doctors, and Jesus.

"As the deer pants for streams of water, so my **soul** pants for you, my God. My soul **thirsts** for God, for the living God. When can I go and meet with God? My **tears** have been my food day and night, while people say to me all day long,

**"Where is your God?"**

Psalm 42:1-3