



**Guidelines:** this sermon curriculum is designed to help facilitate small group conversation towards application of sermon. These are ideas to help get the conversation started, so feel free to use whatever is most helpful!

Read Psalm 42-43 and review the **main points** of the sermon below:

### **I. Introduction**

Faithless complaining is called grumbling and we are warned not to do that. Faithless complaining is sinful because it accuses God of doing wrong. BUT lamenting is faith-focused complaining and it does not impugn God with wrong. It is an honest, groaning expression of what it's like to experience deep pain and loss.

### **II. God's Word lights a path THROUGH depression**

- A. Go to God with your “why?”
- B. Carefully inspect your heart for “that one sin.”
- C. Realize you are in a battle and choose to fight (. 4,5,8,11)
  - 1. By getting perspective outside of you
  - 2. By speaking TO your soul
  - 3. By giving expanded, full focused on the person of hope, Jesus

### **Sermon Discussion:**

#### **I. Conversation Starter Questions**

- A. What are common cultural understandings about depression?
- B. Why is medication or self-medicating a common remedy?
- C. What is a clear biblical position on depression that we teach as a Biblical Counseling Church?
- D. As we consider those who have gone before us, why do you think the Lord allowed depression in godly people like David, Spurgeon, etc...
- E. What is “that one sin”? Why do we see “other sins” as worse than unbelief?

#### **II. Application Questions**

- A. What's clear about the distinction between grumbling and lamenting? How can we tell which one we're doing?
- B. Digging deeper/beyond the surface of how we feel, it's helpful to ask why to your own heart, instead of questioning God. What keeps you from asking those questions? What do you need to do to see the matters of your heart more clearly?

#### **III. Gospel Connection – It always comes back to Jesus!**

- A. How is the cross and the work of Christ a comfort in times of depression?
- B. How can we see “One Day” – the promise of heaven, not as a trite response to difficulties, but as a real answer to life's difficulties?

#### **IV. Prayer Focus Ideas**

- A. Would anyone be willing to share of a season of depression in their lives? What did it feel like? What were your thoughts of God? Is it still current so we can pray?
- B. Pray truths from Psalm 42 and 43 regarding current areas.