

**April 27, 2003**

**Week Twenty-six: "Overcoming Depression Due to Loss"**

**Day One: Small Group Guide**

**Read: Mark 10:32-34 (p. 1141)**

**Read: Commentary (p. 1140)**

**Reflect:** Recall an event in your life that changed everything. How did you adjust? Did you experience depression and anger? How did you get past this?

**Dig:** Look up the previous passages in Mark where Jesus predicted his death and note the reaction of the disciples:

Mark 8:31 (p. 1136)

Mark 9:30-32 (p. 1138)

How did Jesus wrestle with his own impending death?

See Matthew 26:36-45 (p. 1116). What does he do to overcome the overwhelming despair?

What does Jesus teach in Matthew 10:28-31 (p. 1089) about this concern?

**Apply:** Take out a piece of paper and write down all the losses that you have known and will experience in your life (eventually everything but your relationship to God). Then in prayer ask God to help you move from resignation to acceptance.

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**Day Two: "Surviving the Crisis"**

**Read: Job 3 (p. 554)**

**Read: Commentary (p. 555)**

**Reflect:** What song do you sing or listen to when you are going through

rough times? Why this one?

**Dig:** Where in the chart on the bottom of page 555 do we find Job?

Read the "Freedom Point" on page 554 and then read Job 42:1-5 (p. 587). Do you understand the point being made?

See if you can understand and then re-state the three P's of the commentary:

Permanence:

Pervasiveness:

Personalization:

**Apply:** What changes have been necessary for your growth in Christ that were "forced" on you by loss or sudden change?

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### **Day Three: "The Elijah Complex"**

**Read: 1 Kings 19 (p. 392)**

**Read: Commentary (p. 393)**

**Reflect:** In what areas of your life are you tempted to take sole responsibility for outcomes when you should depend upon God and others?

**Dig:** What great miracle had just occurred in Elijah's life? (see the close of chapter 18).

Notice God's measured response to Elijah:  
His tone: vss. 11-13

His instructions: vss 15-17

His subtle reminder: vs. 18

How does this story illustrate that "...confidence in God can easily turn

into self-confidence if we let our guard down."?

**Apply:** In what area of your life are you tempted to allow God-confidence to turn into self-confidence?

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Day Four: "Growing through Trials"**

**Read: Romans 5:1-5 (p. 1284)**

**Read: Commentary (p. 1285)**

**Reflect:** Has suffering produced toughness of character in you? How? Can you give an example of how suffering has produced strength of character in others?

**Dig:** What is the truth basis of our ability to stand firm in suffering, according to the first two verses of this chapter?

What is the reason given for the fact that our hopes will not be disappointed? See verse 5 and what comes after the word "because."

Does God promise to turn everything into our good...even the evil that enters our lives? See Romans 8:28, 37-39. Can you think of other biblical examples of this truth?

**Apply:** In prayer tell God what you are suffering. Ask him to assure you today (and show you soon) how that suffering is meant to build your character.

**Week Twenty-six: "Overcoming Depression Due to Loss"  
Day Five: "Commitment to Overcome Depression"**

**Read: John 5:1-15 (p. 1204)**

**Read: Commentary (p. 1206)**

**Reflect:** What should you change but you don't want to because it will mean giving up some secret sin or some unhealthy but favorite habit?

**Dig:** People who cannot be helped fall into these categories:

a) They deny they need help.

b) Their pride keeps them from accepting help; they are self-sufficient.

c) They don't really want to get well.

Which category did this man fall into?

Which category do you usually fall into?

What role, is any, did faith play in this healing?

What "sinning" may Jesus have had in mind that this man needed to quit?  
(see verse 14)

**Apply:** What might Christ be asking of you to give up in terms of an unrighteous or unhealthy lifestyle in order for you to be well? Ask God for the grace to leave it behind.