

# Weeds In My Garden

## Leader Guide | Week 9

### Key Things You Heard

- The power of the question, “Why are you downcast, O my soul?”
- Genetics can make us more vulnerable to developing depression.
- A sense of loss can bring on depression.
- There is a superpower in asking the question, “Why?”

### Pray

Heavenly Father, depression is debilitating, yet, you never leave or forsake us. Guide us on a path to complete healing in this area. Use us to share and show the love of Jesus to those we come in contact with who struggle with depression. In Jesus’ name, amen.

### Tweetable Moments

“When the thoughts are loud, God’s voice is louder.”

“The helmet of salvation protects our minds.”

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### Questions for Conversation

**Icebreaker:** Let's play this or that. You can choose from the following or make up your own.

- Hulu or Netflix?
  - Pineapple pizza or candy corn?
  - Talking pets or talking babies?
  - Air guitar or air drums?
  - Camping or clamping?
1. Read **Psalm 41:1-6**. What impacts you the most as you read this passage of scripture? Where in this passage do you see the lower story effect on a man's life? Share about a time in your life similar to the cry of the Psalmist?
  2. Read **Psalm 41:5**. What is the value of asking the question, "Why are you downcast, O my soul?" What are some of the possible answers to this question? Can you answer this question fully without considering where the Lord is in your response? Explain
  3. Read **Ephesians 6:10-18**. Spend some time as a group discussing each component of the armor of God and how it impacts our discussion on depression.
  4. Holly said, "When the thoughts are loud, God's voice is louder." Do you agree or disagree with this statement? What are some things you can do to ensure that God's voice is the loudest voice you hear?

### Now Go Do It (resources and next steps)

**Challenge:** Journaling can greatly help sort out our thoughts and emotions. This week, spend some time journaling about the things going on in your life. Include thoughts on your feelings, behaviors, and relationship with Jesus.