



take
heart

Week 2: Depression

I Kings 19:1-18; II Kings 2:10-11

Message Notes, Scripture, & Questions
can also be found on the
YouVersion Bible App under Events.



Digging Deeper: Group Questions & Personal Reflection

1. As a group, respond to this statement: "Depression does not suggest a loss of faith."
2. Inform your group of your greatest fear (if it's not too difficult to do so). Talk about why you fear what you fear.
3. In large and small ways we have each run from God. Share with your group one of your journeys in the wrong direction. How did you get back?
4. What are the reasons you can "Take Heart" even when you are in the bottom of a "Pit"?
5. Pray for one-another, that you will trust the Holy Spirit to lead you out of any pit where you're currently residing.