

HOW TO WALK OUT OF DEPRESSION

WEEKLY ACTION STEP

Text the word “serve” to 317-350-1996 in order to commit to serving in a specific way during our Christmas outreach.

BIG IDEA

The road out of gloom is giving ourselves away in service to others.

SCRIPTURE

Read aloud in your group Isaiah 58:10-12, Matthew 6:33-34, and Acts 20:35.

OPENER

Jesus said, “It is more blessed to give than receive.” Share about a time that you’ve experienced this to be true.

QUESTIONS

- 1) Who in your life needs the love of God this week? What is your plan to help them experience God’s Love?
- 2) Isaiah 58:10 says, “...if you spend yourselves on behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.” Describe a time in your life when you found yourself in the darkness. What brought you to that point, and what did you look to instead of serving to try working your way out?
- 3) Recall a time when you have served others. How did it make you feel at the time? If you haven’t served, what has kept you from doing so?
- 4) One of the steps used to turn gloom into joy is, “Keep doing the right things, making choices from what God says to be true, not what you feel.” How can you do this in your everyday life?
- 5) In today’s electronic world it is easy to focus on the problems of ***all*** the world because we see and hear about them 24/7! Even so, the mere state of being **worried** can become an escape from our Christian responsibility to minister to the needs of others near to us. Briefly discuss how you plan to focus on others who are in your “sphere of influence” and not on national and world issues you cannot impact.
- 6) Without the Holy Spirit in us, serving others can feel like a chore. What should you do to prevent feeling this way? (Isaiah 58:11)

TAKEAWAY

Serve your way out of gloom (despondency and sadness).

4 Steps out of Gloom

1. Test Jesus' outrageous promise that "It is more blessed to give than to receive."
2. Check your body. Seek medical help if you are dealing with ongoing depression.
3. Keep doing the right things, making choices from what God says to be true, not what you feel.
4. Give yourself away in serving others, as unto the Lord.

REFERENCES

Isaiah 58:1-7

Matthew 15:8-9

Galatians 6:7-10

DIGGING DEEPER

- Service to others can be an act of worship. Read Isaiah 58:1-7. In these verses the prophet contrasts true and false worship. Share your thoughts on the following: Doing the right thing for the wrong reason. In Pastor John's sermon, Step 4, he states, "give yourself away in serving others, as unto the Lord." Share what you believe "as unto the Lord" means. Why is that last phrase so important to the action taken?
- Isaiah 58:11 tells us that God will give us water when we are dry. In Exodus, God did give the Israelites actual water to drink. What other "water" does Jesus give us to strengthen us? (John 37-39) Discuss to which you think Isaiah is referring.