



Series: Topical

Passage Ephesians 3

Title: Flirting with Darkness

Speaker: Guest Speaker Pastor Ben Courson –9/6/2020

Discussion Starter – After reflection on Ben’s message this Sunday, which one of his points of overcoming depression impacted you the most? Why?

Overcoming Depression a Biblical Case for Hope (Ephesians 3)

- Point 1> **Prayer Walks:** Read Ephesians 3:14-21. Ben stated that “life is a battleground not a playground, and we have to fight for joy and hope”. How is prayer a weapon and what are we fighting when we are deceived by depression? Read Psalm 42:5-11, Romans 12:1-2 and Isaiah 9:6. What additional insights do these verse give us on how to pray?
- Point 2> **Scripture Scholar Scuba Gear:** Why do you think it is important to deep dive into scripture? How can that help you with anxieties or if you are feeling depressed? Describe what it means to go deep into God’s word versus just skimming the surface. What are some of the key connections that you are able to make as you dive deeply into His word?
- Point 3> **The Magic Number of Greatness:** What is this magic number and why is it so important? Read Proverbs 22:9 and Colossians 3:23-24. How do these verses relate to the magic number of greatness from a scriptural point of view? Read Genesis 2:15, 3:17-19 and Luke 22:43-46. What insights do these verses give us on God’s purpose for work and what parallel work did Jesus do and for what purpose? How can the wrong idea behind work lead us to being depressed?
- Point 4> **Endorphins:** Some people deal with the pain of depression by cutting themselves. The bible often talks about our spiritual walk as like being an athlete who pushes themselves to the limit to receive the prize. What beneficial thing happens in our bodies when we push ourselves physically and how can that help us to overcome anxiety and depression?
- Point 5> **Rewrite Our Story:** What does it mean to rewrite our story? Read Hebrews 12:2, Psalm 139:16-18 and Revelation 21:4-5. How do these verses relate to rewriting our story?
- Point 6> **Own Your Oddness:** Read Judges 3:12-23. What does this story reveal about owning your oddness? How did Ehud’s oddity become his commodity?
- Point 7> **Friend Ventures:** Read Daniel 6:3, Proverbs 13:20, 17:17 and 18:1. Why is friend selections so important?
- Point 8> **Heaven:** Read 1 Corinthians 15:12-19 and John 5:24. What question do these verses force us to ask ourselves? If we believe them, how does this help us with depression?
- Point 9> **El Roi - The God Who Sees:** Read Genesis 16:3-13, 21:14-19. What is unique about God in this story and how does that give us hope when nobody seems to understand us?
- Point 10> **Let God Love on You:** Why do you think it is so hard for people to let God love on them?
- Point 11> **Dream Ability:** How does dream ability relate to God’s calling on your life?