

Champions Arise Study Guide
Series: The Four Priorities
Priority #2 – A personal, progressive commitment to yourself
Program #CA 29 (TFP2) – Choosing Joy Over Depression

Focus passage – Psalm 43:5: *“Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again--my Savior and my God.”*

[Read Elijah’s story in 1 Kings 17, 18, and 19 for the background to this program]

1) Have you ever felt depressed? What was happening at the time?

2) What are some categories of depression?

3) What are four symptoms of depression Elijah experienced?

1. _____
2. _____
3. _____
4. _____

4) What do you do if you have serious thoughts of suicide?

- Tell someone how you feel. THIS IS VERY IMPORTANT.
- Think about how those who love you will be deeply hurt and never get over it.
- Remember Satan is lying and trying to trick you when he says you and your loved ones will be better off if you kill yourself.
- Remember that God offers healing and hope for you—and hope for those you love.

“When he (Satan) lies, he speaks his native language, for he is a liar and the father of lies.” John 8:44

5) How did God minister to Elijah when he was depressed?

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____

Commitment: I commit to guarding my heart against complaining and bitterness.

Choosing Joy Over Depression – LEADER’S GUIDE

1. Thank everyone for coming.
2. Open in prayer
3. Read the focus passage.
4. Ask men to answer Question #1. Remind the men that these meetings are confidential.
5. Listen to the program: “Choosing Joy Over Depression”
6. After the program is finished, allow time for comments or questions on the program
7. Review the answers to the four remaining questions with the men in the group. Encourage everyone to participate, but never force or shame someone into participating.
 - a. Question #2 answer: Depression due to physical reasons, major trauma, and life’s challenges.
 - b. Question #3 answer: Fear, isolation, self-pity, and a weakened faith.
 - c. Question #4 answer: LEADER NOTE: Make sure the men know that you are always available to talk if they have an urge to kill themselves. If someone comes to you and they have **a plan** to kill themselves, **a method** to kill themselves, and **a reason** to kill themselves, take them to a hospital, policeman, or Pastor who can help them.
 - d. Question #5 answer:
 - 1) God acknowledged Elijah’s depression was real
 - 2) God encouraged Elijah to rest
 - 3) God waited to give Elijah counsel
 - 4) God allowed Elijah to express his feelings.
 - 5) God dealt with Elijah’s false beliefs
 - 6) God gave Elijah a series of tasks to do
 - 7) God gave Elijah a friend: Elisha.
8. Ask the men what was most important to them from this teaching.
9. Ask the men to commit to being more open about their emotions.
10. Confirm the time for the next meeting
11. Take prayer requests.
12. Close in prayer

Sample prayer: Heavenly Father, thank you for letting us know that depression does not make us unspiritual. Help us to allow you to bring healing to any woundedness in our hearts and minds. In Jesus name, Amen.