



SMALL GROUPS | CURRICULUM

SERMON TITLE	DATE
Title: Breakthrough My Depression	April 17.2016

Tools: pen, pencils, your notes from the sermon

Read: 1Kings 18:41-19:1 – 18

- a. What was Elijah's relationship with God?
- b. What was his problem when Jezebel threatened to kill him?
- c. Why was Elijah susceptible to great vulnerability? (Physically and spiritually)
- d. What was the underlining lie that he believed about his God?

- How does it help you to know that others have been in the same situation you have?
- Tell about a time in your life that you were in a situation like Elijah. How did you handle this time?

Four Things to Remember to Breakthrough My Depression:

1. God's purposes will always matter most, not mine.

Read: 1Kings 19:1 – 4

- a. What did Elijah say and why?
- b. What does this show us about his thinking?

Read: Philippians 2:12 – 13

- c. Why is God's will more important and than your desires?
- d. How does God change you by giving you the desire to do His will rather than yours?

2. God's Grace Will Always Find Me

Read: 1Kings 19:5-8

- a. What are two things God provides?
- b. For how much are we dependent on God?

Read: Romans 3:9-18 or Ephesians 2:1–10 and describe a time when you neither sought God nor feared him. How did God's grace find you?

3. God Always Knows How To Lead Me Through The Darkness

Read: 1Kings 19:9–18

- a. How did God reveal Himself to Elijah?

Read: Psalm 19:7–11 how does God primarily reveal himself to you?

4. God's Plan Is Always Bigger Than What I Can See

Read: 1Kings 19:15-18

- a. Describe a time when you thought you were all alone with your big problem, but a bigger God called to you back to Him.
- b. How does it help to know there are others like you?
- c. God gave a companion to Elijah in Elisha. Do you have someone in your life that will run to the cross with you? If not why not?

MEMORY VERSE:

Philippians 1:6 "And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ."

Accountability Men/Women:

1. The next time you feel depressed, what are you going to do?
2. We saw Elijah win a great victory then fall into depression because he thought his problem was bigger than God's power. How can you actively prevent this way of thinking in your life?
3. Why do you believe that God's glorious promises are greater than your depression?
4. There are thousands of promises in God's word. Share your favourite one?

If you can't remember one read:

- Psalm 50:15 (trouble)
- Ezekiel 36: 26 – 27(new heart)
- John 8:36(freedom)
- Romans 8:1– 2 (no condemnation)
- 1Corinthians 10:13(temptation)
- Psalm 34:17(deliverance)
- Isaiah 41:10 (fear)
- John 14:27(peace)
- Proverbs 3:5–6 (guidance)
- Philippians 4:13(empowerment).

5. Write your favourite promise on a card and carry it with you so you can remember how God is great and good despite your circumstances.

