

# Youth Group Plus

## Episode 10

### "How Do I Deal with Depression?"

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#### • The Setup

- Mental illness is a real thing, and we can't be afraid to discuss it.
  - It's OK not to have answers – living in community helps us discover truths.

#### • Clinically

- There is a difference in being depressed as a diagnosis and having depressed feelings.
- Everyone experiences feelings of depression.
  - It doesn't mean you're broken.
- On this side of heaven, we're all going to feel sad sometimes.

#### • Biblically

- Context – Jesus said:
  - John 15
    - Abide (remain) in me
    - The world will hate you
    - I'll send the Holy Spirit
  - John 16
    - Don't abandon your faith
    - The Holy Spirit is coming
    - Sadness will turn into joy
  - John 16:33 – [Jesus said,] "I have told you these things so you will have peace in me. Here on earth, you will have trials and sorrows. But take heart, because I have overcome the world."

- Jesus is always honest – even when it’s hard to hear
- Jesus said we can have peace in him no matter what – even through trials and sorrows – because He is Lord over all things/
- *Thlipsis* – pressure – “trials and sorrows”
- You will have all kinds of pressure, but Jesus is with you, He’s got your back, so you can have peace.

#### • How to Deal with Depression

- Take care of your soul.
- Take care of your physical body.
- Evaluate your perspective.
- Connect with other healthy people.
- Monitor your screen time.

#### • Your Turn

- What are some things that stuck out in today’s teaching?
- What are some questions you have?
- How does today’s teaching apply to your lives?
- What do you sense the Holy Spirit is saying to you specifically through this teaching?
- What are you going to do about?

#### • Go-To Question

- How do you make sure you’re growing in your relationship with Jesus?
- Why is that so important?