



ISOLATED

May 3, 2020

Many in our society still stigmatize depression and mental illness, but some of the greatest heroes of the Bible struggled with bouts of severe depression. Join us online for part 5 of Pause where we consider the story of Elijah to learn how we might avoid or overcome depression and how, if we are willing to recognize Him, God offers to meet us in the midst of our anxiety to comfort and transform us for His purposes.

TEXT

Text the word UPDATE to 904-441-8650 to stay up to date on what's going on at Southside.

GIVE

You can give online through ssbc.org, directly through your financial institution, or through the mail. Call the church office if you need more information.

WATCH US LIVE

Join us LIVE! on Sundays at 9:00 a.m. on

- Facebook
- YouTube
- ssbc.org

Dial-A-Sermon is a new resource we've made available. Just call 904-447-3021.

If you would like a CD of Sunday's message, please call the church office to request one.

CONTACT

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Passage (READ):

1 Kings 19:1-21

Principles (KNOW):

Three mistakes that can lead to or worsen depression:

- We lose _____ .
- We attempt to _____
- We allow ourselves to become _____ and _____ exhausted.

God's response to our pain:

- He _____ our _____ .
- He calls us out of the _____ and into the _____ .

Practices (DO):

Participate in a small group this week. Make extra effort to connect with others even while you use times of isolation to listen for God's still small voice. If you are struggling with depression, find a mature, trusted Jesus follower and tell them about your struggles.

SUGGESTED READING LIST FOR "PAUSE":

40 Days to Lasting Change: An AHA Challenge, Kyle Idleman

40 Days of Purpose, Rick Warren

A Call to Die, David Nasser

Emotionally Healthy Spirituality, Peter Scazzero

Emotionally Healthy Spirituality Day by Day, Peter Scazzero

Ninety Days with the Disciple Jesus Loves, Gary Lee Webber

My Utmost for His Highest, Oswald Chambers

Morning and Evening, Charles Spurgeon

Other sermons you may want to check out at ssbc.org

Awakening (2015)

Prayer Journey (2018)

One (2017)

Boundaries (2019)

SMALL GROUP DISCUSSION (WEEK OF MAY 3-9, 2020)

HANGOUT (Warming up to the topic)

1. Do you have any lingering questions or thoughts related to this week's teaching or daily readings?
2. While the Bible doesn't use the word "depression," it clearly describes it in several passages. Pastor Gary mentioned three others besides Elijah in this week's sermon. Can you recall who he mentioned? Did it surprise you to learn that the Bible records that great people of faith struggled with depression? Why do you think we so often avoid this subject, especially in church?

HEAR (Listening to God through scripture)

3. Read Numbers 11:10-15.
 - Why was Moses distraught?
 - Who did Moses blame for this situation?
 - Read Numbers 11:16-17. What does God's solution tell you about what may have been a source of Moses' depression?
4. Read Jonah 4:1-11.
 - Why was Jonah distraught?
 - Who did Jonah blame for this situation?
 - How did God respond? What does God's response reveal about what was at the heart of Jonah's depression?
5. Read 2 Corinthians 1:8-11.
 - Why was Paul distraught?
 - How did Paul understand the circumstances that led him to feel this way? How was his response different from Moses? From Jonah?
 - What does Paul say God will do? What is he counting on the Corinthians to do?
 - What does Paul's use of the future tense in verses 10-11 tell us?
 - What can we learn about depression and mental anguish from these passages?
 - Read 2 Corinthians 1:3-4. How do these verses help us understand our own struggles? What must happen for these verses to be true in our lives?

HUDDLE (Making it personal and praying together - in huddles)

6. How is your soul? Are you currently struggling with negative and/or painful emotions? Is there a way that God may be speaking to you through your current emotional state? Talk about it, invite accountability, and take time to pray.

DAILY READING:

Monday: Exodus 18 and Numbers 11

Thursday: 2 Corinthians 1

Saturday: 2 Corinthians 3

Tuesday: Jonah 3-4

Friday: 2 Corinthians 2

Sunday: 2 Corinthians 4

Wednesday: Lamentations 3