

October 9<sup>th</sup> and 12<sup>th</sup>, 2025 – Battlefield of Your Mind – Depression  
This guide is designed to give helpful hints in preparing for your group discussion.

### Quick Review

Look back from your sermon notes – Was there anything that particularly challenged you from this sermon? Anything you didn't understand, agree with or connect with?

### Introduction

Why do you think the topic of depression is often dismissed in the church today? Why do you think it is so difficult for a lot of Christians to talk about openly?

### Digging In

**Question 1: Read 1 Kings 19:1-18.** Pastor Jeff read the story about Elijah's spiritual and mental attack that he was enduring. In 1 Kings 18, Elijah had just experienced a miraculous sign from the Lord to give him confidence that God was with him. Then in 1 King 19, he is running for his life and desperate for the Lord to take his life! Pastor Jeff highlighted that Elijah had just been on a "spiritual high" and then he experiences directly after that a "spiritual low." Have you ever experienced that? After a spiritual high, Satan attacks your mind or circumstances, and you fall into dark thoughts? **How do you allow Satan to infiltrate your mind?** What do you watch, listen to or consume that can be used by the enemy of God to convince you what God's Word says isn't true?

**Question 2: Read 1 Kings 19:3.** Pastor Jeff then talked about the principle of the Satan's design to attack your thoughts is to **relationally isolate you.** After Elijah started running for his life and was afraid, he was all by himself. The enemy knows that if he can get you all by yourself, he can then start feeding you lies. We see this happen specifically in Genesis 3 with Eve and the serpent. In **Genesis 3:1-4** Eve is with the serpent and the enemy uses that time to get Eve to question what God's Word had said! "Did God really say....?" In what ways have you seen this happen when you are isolated from other Christians or a community? Maybe it is skipping your small group, church attendance or other forms of community. How have you seen yourself question God's word and start to believe lies? After you have fallen, Satan will then "accuse you" to further isolate you!  
**Rev 12:10**

**Question 3: Read 1 Kings 19:4-7.** There were two other ways this passage shows us that Elijah was starting to fall into the trap of the enemy's attack with depression. They were this – **Physically he will try to inactivate you** and **"Spiritually he will try to incapacitate you."** In verses 5-7 we see Elijah fall asleep, and not want to eat. Elijah was sleepy and sluggish. How have you seen times of your life where you had been down mentally, in a dark season, and all you wanted to do was stay in bed? Or where you didn't you take care of yourself through your diet? Do you see how gracious and good the Lord is to Elijah? He provides his food and water. How about the enemy using the lie of getting Elijah to believe that he was the "only one left?" How has Satan gotten you to believe that you are the only one going through something like this? How have you allowed your emotions to tell you something that clearly isn't true?

**Question 4:** Pastor Jeff ended the sermon with 4 ways to fight depression:

1. **We need new mental habits**

What habits do you have that make it easy for you to fall into depression? Screen time? Alcohol? Different media you consume? How can you replace them?

2. **We need relational help**

Who is checking in on you? Who do you have to talk to about things going on in your life? Do you find yourself isolating and confining your time to be alone?

3. **We need physical health**

How are you eating? How is your exercise?

4. **We need spiritual hope**

Who is reminding you of the promises that Jesus gives Christ-followers? How often are you reminded of taking an assessment of your spiritual health?

|                                 |
|---------------------------------|
| <b>Praise / Prayer Requests</b> |
|---------------------------------|

Pray for your group with these things in mind:

**Adoration** – How can I praise God for what this teaches me?

**Confession** – What sin can I confess because of what this teaches me?

**Thanksgiving** – How can I thank God for what Jesus has done?

**Supplication** – What do I need to ask of God in order to grow in light of this?