

CHRISTIANS GET DEPRESSED TOO

FILM 5: SUE'S STORY

To help you get the most out of this film, here's a list of questions for personal, church, or small-group use.

Feel free to edit, add, or remove questions to suit your situation.

1. How can depression be used to create a special kind of glory?
2. What are some ways to process and deal with feelings of guilt?
3. What things have you done/said/witnessed that contribute the stigma surrounding depression?
4. What are some ways to get a depressed person to be less self-absorbed and more outwardly focused?
5. What are some of the potential dangers of Christian optimism?
6. What place does medication have in treating someone who suffers from depression?
7. How can prayer be helpful for someone struggling with depression?
8. What is the relationship between guilt and depression? And between anger and depression?
9. Have you been angry with God? How did you come to understand this and how did you work through this anger?

10. How does depression impact spiritual life?

11. What ways has God used to get your attention?

12. In what ways can we help the bereaved to grieve? Or hinder them?

13. What Scripture do you use to saturate your soul when you're down?

14. How can the children of a depression sufferer be helped by a pastor and the church family?