

Youth Group Lesson

Topic:
DEPRESSION

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Revision History

Date	Version	Name	Change details
May 29, 2019	1	Grace	Combined documents from both

Topic: **Depression**

Description & Scope:

Depression is more than just feeling sad. Everyone feels upset or unmotivated from time to time, but depression is more serious.

It is a mood disorder characterized by prolonged feelings of sadness and loss of interest in daily activities. If these symptoms persist for a period of at least two weeks, it is considered a depressive episode.

Remember that recovery is a journey, not a destination. Bad days will still come, but with well-targeted treatment, you should be able to overcome extreme lows.

While science has yet to find a cure for mental disorders such as depression, it is entirely possible to live a happy and fulfilling life despite it.

There is no one cause for depression, as it depends on a unique combination of an individual's genetic makeup and environmental conditions. There are many factors to consider:

- The brain's physical structure or chemistry
- History of depression in family
- History of other disorders (anxiety, post-traumatic stress disorder)
- Stressful, traumatic events (abuse, financial issues, death of a loved one)
- Hormone changes
- Certain medications (sleeping aids, blood pressure medication)

What are the real life challenges?

1. Change in appetite
2. trouble sleeping or sleeping too much
3. feeling tired, worthless, guilty
4. thinking about suicide, difficulty concentrating

Other Sources of Information (Articles, Videos, sermons, etc.)

<https://www.youtube.com/watch?v=8Bvm0lZ77ic>

https://www.ted.com/talks/kevin_breel_confessions_of_a_depressed_comic?language=en

<https://www.youtube.com/watch?v=V6ui161NyTg>

<https://ministrytoyouth.com/youth-group-lessons-on-depression/>

<https://www.youtube.com/watch?v=tEhSZtwXaSw>

What does the Bible say?

Not a sign of weakness or lack of faith

Important to note when feeling depressed - YOU ARE NOT ALONE

Psalm 40: discuss - follow ministry to youth lesson plan

Discuss movie inside out - see clip - all emotions are there - what we focus on gets us through

Also discuss video - verses listed in the description of video

God Will Never Leave You

It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed (Deuteronomy 31:8).

Don't be dismayed because God is with you! Just as he swore to never desert the people of Israel, he will never leave you or forsake you because you are in Christ. You are his child, and like a dad clearing a path through the woods for his small child, so God is going ahead of you, clearing the way.

God Will Strengthen You and Uphold You

...fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand (Isaiah 41:10).

In your depression, you feel like you can't hang on to God. Like your weak and helpless, unable to do anything. Sometimes you can't even get out of bed. The last thing you feel is "spiritual".

When you fall, he will uphold you with his righteous right hand. When you are weak, he will strengthen you. Even if you don't have assurance of your salvation, you can be assured that God has a firm hold on you. The reality is, you are weak, you're just feeling it more acutely now.

Take heart, because God loves to sustain the weak. God's grace is sufficient for you, even in these deep, dark times.

Group Discussion:

1. Can you recognize if you have ever had depression? know the signs - talk to family and friends
2. its ok to admit when feeling depressed - what can you do to overcome it?
3. Depression does not manifest in the same way for everyone - can each one tell if they are depressed or just feeling sad? what did you do when you felt that way?

Action & Follow-up:

1. Recognize your habits that may be a result of depression - try to change
2. This week, try to be positive in negative moments - write down or keep a mental note of how easy or hard it was to do so - will discuss next week
3. Try to help someone around who seems to be depressed or sad.

Prayer: