



Soundtracks, Week 3

Identifying and replacing negative soundtracks can go a long way in supporting your mental health and changing your life.

Conversation Starter: *Have some fun as you break the ice.*

- What was a taboo topic in your household or your faith tradition growing up?
- When experiencing pain are you the “grin and bear it” type or a “share your heart on your sleeve”?

Key Scriptures: *Let God’s word frame the conversation. Take a minute to read this selected passage together as a Group.*

- *Pslam 88; 1 Kings 19:9-18; Matthew 11:28-30*

Discussion Questions: *Pick a few questions below to guide your time.*

Starting Sharing: *Choose a question or two to create openness.*

- What surprised you about the rising rates of depression in our culture?
- How have you been tempted to “fake it till you make it”?
- If you are willing to share- how has depression hit you or those you love personally?

Start Thinking: *Choose a question or two to think critically about the subject.*

- Why is waiting to reach out before you see a way out a bad idea?
- What rhythms or practices have you found helpful for battling depression? How are they similar or different from Elijah’s?
- God spoke to Elijah in a gentle whisper. Why is our approach and proximity critical when helping others with their mental health struggle?

Make it Personal: *Choose a question or two to help you identify your best next step.*

- What step can you take this week to seek help for yourself or be a help for someone around you?
- It’s okay to not be okay but it’s not okay to stay that way. What’s happening in your heart and soul that you need to get out or call out for help?

Next Steps: *Everybody has a next step. Check out some ideas below to help you grow by doing.*

- **Recognize:** Look for the lies that hold you hostage.
- **Remove:** Choose what you think about and cut-off sources that feed negativity.
- **Replace:** Find and repeat truth from God’s word. If you don’t know any verses do a quick google search!

Prayer: *Invite God to do what only He can do!*

Heavenly Father, thank you for your tender care when the burdens of life seem too much. Please help us remember you are near, even when the circumstances around us feel otherwise.