

CHRISTIANS GET DEPRESSED TOO
FILM 2: ONICA'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. What kind of emotional ups and downs did you experience/are you experiencing in your teens
2. How did/do your parents and pastor help your mood swings?
3. In what ways can sorrow be a good thing?
4. As a community how can we encourage an openness and honesty in the lives of fellow Christians?
5. What are some ways you can develop trust with those suffering from depression?
6. What steps should be taken before referring an individual to professional help?
7. How can we increase our empathy with others?
8. What promises in Scripture do you go to in times of emotional need?
9. How do we care for the care-givers?
10. How do we distinguish depression in the teen years which often have significant mood swings?
11. What factor(s) played a great part in Onica's depression?

12. How did the Alpacas farm change Onica? What can we learn from this?

13. What were the false thought patterns Onica had about herself? How do we help people (especially teens who are fragile and have self-image issues) see themselves more accurately?

14. Peter Newhouse mentions one thing that is a 'key-element' in recovery, what is it?

15. Imagine that you have a depressed teenager in your family or church. What are the steps you would take to help in a tangible way?

16. What does Dr. DeYoung say is very important when you work with a teenage girl?

17. What are the influences of our culture that can increase depression?

18. What role does Scripture play in helping those that are depressed? What prospect does faith in Jesus provide for a depressed believer?

19. How can the doctrine of the Trinity be effective in counseling?

20. How should someone address an individual when they have a feeling they may be contemplating suicide?

21. In what way is Jesus uniquely able to meet the needs of depressed people?

22. What ways do you see your church community reaching out to those who are depressed? In what ways do you think you and your church community can improve?