CHRISTIANS GET DEPRESSED TOO
FILM 3: TIMIKA'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 do joy and happiness differ? Is this a theologically and practically helpful division?

2. What are some of the connections between one's physical and spiritual life?

3. What roles do strong, close-knit, Christian communities play in promoting overall health?

4. How might the prosperity gospel cause even more problems in the mind of a depressed believer?

5. Even though we are critical of prosperity theology it can often sneak in the back door in counseling. What does this look like and how can it be prevented?

6. Respond to the quote: "It is not your job to fix the problem; the best thing is to be a fellow traveler."

7. When was the last time somebody broke confidence with you? How did you feel? What does this say about the counseling process and depressed people?

8. How can confidentiality be fostered in the church?

9. What is the symptom of depression that Timika always overlooked? Is this symptom something that you would connect to depression?

10. Why is patience so important in counseling the depressed?

11. What kinds of people are needed around the depressed person?

12. How can we help people overcome the stigmas associated with depression that prevents them from seeking help?

13. Why do African American people have an aversion to mental health issues according to Pastor Anyabwile?

14. Are there any particular challenges your own community faces in accepting and dealing with depression?

15. Do you have a close friend from a different kind of community? What's different from your background in terms of their emotional ups and downs? In what areas do you think you can benefit from their experiences?

16. How can the church play a role in the improvement of the awareness about depression?

17. How do you see workshops as functioning in your church or community? Would they help, or would they be resisted? Would they provide an open door for "closet" depressed people?

18. How can people who have experienced depression be instrumental in other people's lives?

19. Why is depression becoming more common today?

20. How might you initiate a conversation with someone who may be suffering from depression?

21. In what ways can we bring the person and offices of Christ to help a depression sufferer?