

CHRISTIANS GET DEPRESSED TOO FILM 4: PAUL'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 does Paul distinguish between a head knowledge and functional knowledge? Is this is helpful distinction in fighting depression?
2. What dangers are there when it comes to continual negativity from an individual?
3. How can we, as a church, help each other in understanding our different characters, temperaments, and personalities?
4. How might depression manifest itself differently in an introverted versus an extroverted person?
5. How do we maintain a proper balance in a preaching or teaching ministry to take account of the different personality types, particularly those different to our own?
6. Read Proverbs 23:7. Can you agree with the statement, "You are what you think"? Why or why not?
7. Are you a person who sees the negative aspects of things or the positive aspects of things? What do your loved ones think?
8. Discuss the various false thinking patterns (see Proverbs 23:7). How do we move from these false thinking patterns to real thinking without falling into positive thinking?
9. How can you focus less on the negative aspects of life?
10. How do we encourage those struggling with depression to remain in fellowship when they don't feel like it?

11. How do we talk of hope/joy/the resurrection/etc. with the depressed without it seeming like we are not simply throwing a “gospel vitamin” at the issue?
12. Discuss the three pills of good exercise, good diet and good sleep and also the three spiritual pills of obedience, Christian fellowship and Gospel of grace (1 John 1:7). Are there any “pills” you would add to either list?
13. Paul gave four R’s (respect, remain, remember, and review). Which do you find the most helpful? Would you add any others to his list?
14. Discuss the value/significance/importance of journaling.
15. What has Paul learned about emotions and sadness?
16. Why are friendships and social contacts so important for depressed persons?
17. Paul says: “when I come out of it [depression] there is something significantly different about me.” What is it? Discuss whether the points mentioned by Paul, can be used for the encouragement in counseling a depressed person.
18. What does Dr. Johnson say is at the heart of Christian life? Can that change the view on depression and helping those that are depressed?
19. What does Pastor Anyabwile say about tendencies he needs to avoid?
20. Sudden life changes are difficult for Paul, but how is he learning to cope? What are the causes that Paul gives for depression?
21. What does Dr. Murray say about sin as the cause of depression?

22. Finish John Lockley's statement, "Sin caused depression is from behavior that is wrong and yet the Christian _____." "...arrogantly and deliberately persists in it."

23. What are the three questions of Paul's assignment in 1 John?

24. What lessons does the resurrection teach you in your depression? How does this give hope?

25. How does depression affect pastors?

26. Society in general sees depression as weakness. Share your thoughts about the perspective that Paul experiences when he comes out of his bouts of depression, and how God is using depression to make him a more sensitive Christian and pastor.

27. What encouraged you the most about Paul's story? What surprised you the most?