

UNMENTIONABLES

Depression/Anxiety/Suicide _____ Selected Scripture

1) What is depression/anxiety?

2) What does the Bible say?

3) Will I get better?

Download "Depression/Anxiety/Suicide" by Tim Hawks (04/08/18) free,
or share it via email, Facebook, or Twitter at hbc.com/media.
CDs may be purchased at the Lakeline Campus Media Center.

My Application

Use the following questions this week to reflect on what it would mean to align yourself with the truths taught in Scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family, friends, or small group.

- 1) Why is it hard to discuss a topic like depression or suicide? What unintended messages may our silence give off to others?
- 2) Have you ever been depressed or filled with anxiety? Explain. What did you do or are you doing to move beyond your struggle?
- 3) Think of some important ways to ensure you are guarding your heart. (See Proverbs 4:23) How can your group help you?
- 4) Go to the HCBC website and look at the ministries offered on our Care and Support page. Are there people you know who would benefit from these ministries? Make a plan to invite them.

Memory Verse

*The LORD himself goes before you and will be with you;
he will never leave you or forsake you.
Do not be afraid; do not be discouraged.*

Deuteronomy 31:8 NIV