



Student Notes

I'm (Not) On Top of the World

Depression: *"a mood, feeling, or attitude that leaves a person thinking they are hopeless"*

I. _____ Should We Look Up? (Psalm 42:5; 34:17-18; Job 3:11; 42:1-2; 1 Kings 19)

a. Because God gives us _____ (Psalm 42:5)

Hope: *"expectation in something with confidence"*

b. Because God is with _____ at all times (1 Kings 19:1-12)

1. When we feel _____ (1 Kings 19:1-8)

2. When we feel _____ (1 Kings 19:9-12)

c. Because God _____ in times of despair (Psalm 34:17-18)

1. God hears our cries. (Psalm 34:17)

2. God delivers us from trouble. (Psalm 34:17)

3. God is near and He saves. (Psalm 34:18)

II. _____ Can We Look Up? (Psalm 105:4; 42:5; Philippians 4:6-7)

a. Seek God's _____ (Psalm 105:4)

b. Speak your _____ to God. (Philippians 4:6-7)

c. Speak God's _____ to your soul. (Psalm 42:5)

Sticky Statement

When you're down, look up!



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Small Group Discussion Questions

What do you think are some of the major causes of depression among your peers?

Why are the promises of God important to remember when feeling depressed?

Is anyone willing to share what they wrote on their triangle? Where will you keep it this week as a reminder to look up when you are down?

Next Steps

How will you be a “doer of the Word and not a hearer only” (James 1:22)?

Please complete the following sentence: “As a result of hearing this lesson, I will...”