



Depression & Anxiety  
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Life Group Leader Notes  
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**Quick Thoughts**

The topic of mental illness is often misunderstood, stigmatized, and handled inadequately. Thus, those who struggle often experience shame, discouragement, and isolation. Yet, the Gospel and spiritual tools that stem from it, along with common grace of modern medicine, can help us find hope in the darkness.

As we address depression specifically, and mental illness generally, we see that a holistic approach is needed. Though we live in a fallen condition, we can gather needed hope from having Christ as our identity, instead of our illness.

**Scripture**

II Cor. 12:1-9,  
Is. 53,  
Heb. 4:14-16,  
Mt. 11:28-30

**Links/Resources**

- "Gathering on Mental Health and the Church" - '14 Conference: Rick Warren, Christian Psychiatrists, & etc: <https://www.youtube.com/watch?v=zoxZjWuK2zA>
- *When the Darkness Will Not Lift*, by John Piper
- *Moving Beyond Depression*, by Gregory Lantz
- *Search For Significance: Building Your Self-Worth on God's Truth*, by Robert S. McGee
- *When People Are Big and God is Small: Overcoming Peer Pressure, Codependency, and the Fear of Man*, by Ed Welch
- *Spiritual Depression – It's Causes and Cure*, by D. Martin Lloyd-Jones
- Stephen Ministry at Riverview:  
Willing & trained individuals from Riverview are available to help men and women eighteen years and older who are going through difficult times.  
For general information or referral, call Judy at 517-646-6197 or email [judy.russ@rivchurch.com](mailto:judy.russ@rivchurch.com) or [karen.hygh@rivchurch.com](mailto:karen.hygh@rivchurch.com).
- Community Mental Health Services (walk in or call 24/7)  
812 E. Jolly Rd  
Lansing, MI 48910  
517-346-8460
- [www.findingbalance.org](http://www.findingbalance.org)
- [www.theear.org](http://www.theear.org)

- Gateway Community Services (East Lansing)  
Statewide Crisis Lines  
517-351-4000
- 1-800-SUICIDE (1-800-784-2433) - [suicide.org](http://suicide.org)

### **Questions**

1. What are the implications of sin and our fallen condition for our mental health?
2. How do the stigmas & ignorance about depression and mental illness threaten the prospects of recovery and hope?
3. How does the Gospel and Christian spirituality provide resources for depression a mental illness?
4. Do you believe that all forms of healing is truly from God, or are you leery of treatments that appear to be 'non-spiritual'?
5. Who in your life needs specific encouragement, patience, prayer, and resources due to their struggles?