



# IT'S OKAY NOT TO BE OKAY

## MENTAL HEALTH SERMON SERIES

### OCTOBER 1, 2023

Pastor Mark Prugh

## Instructions for using these Discussion Guides:

### Immanuel Church

[www.lansdale.church](http://www.lansdale.church)

1260 Welsh Rd.  
Lansdale, PA

Encourage your group to check out the **RESOURCE PAGE** on our website each week for supplemental resources for this sermon series: Scriptures, Book suggestions, Podcasts, Apps, Spotify Music playlists, etc.

If you have any questions or feedback, [please contact:](#)

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### Leader preparation:

**Pray:** When preparing to lead your group, take a few minutes to pray. Ask the Holy Spirit to help you focus and zero in on what will be important to your group.

**Watch /Listen:** If you did not hear the sermon live, please watch the video or listen to the audio available on the church website [www.lansdale.church/pastservices](http://www.lansdale.church/pastservices).

**Review:** Read through the attached sermon text. Print it out and mark it up as you read. Make notes as discussion ideas come to mind.

**Print:** Read through the attached discussion guide. Print copies of page 2, the group discussion guide, for each member of your group. Print one copy of the other pages just for you and your reference. Feel free to modify the handout to fit the needs of your group.

**Pray:** When concluding your preparation to lead your group, pray again that the Holy Spirit would bring alive in your heart and mind the salient points of the material, and give you wisdom and grace when you lead the discussion.

### What's included:

A copy of the sermon manuscript. *NOTE: This is your best source for background information for discussion.*

- The Discussion Packet:
  - Page 1 - Instructions
  - Page 2 - This is the handout for the group.
  - Page 3 - This is the leader's guide with quiz answers & some discussion suggestions.
  - Page 4 - Additional (optional) discussion support material for leaders.

### Tips for facilitating the group:

**Open With Prayer:** After people have gathered and spent time chatting, this will help focus them on the study.

**Pop Quiz:** Do the pop quiz together. Have fun with this. This is a good way to help people loosen up and ease into more serious discussion.

**Looking Back:** These three questions will be repeated for every sermon. This will help people recall the sermon topic, share how they may have applied the truths, and give them a chance to ask questions that came up since hearing the sermon.

**Getting Practical:** These are some general questions to help encourage discussion. Feel free to add other questions. Be patient when there is silence. Don't rush an answer just to fill the silence. Listen to the discussion to discover follow on questions to keep the discussion going.

**Three Sermon Points To Remember:** These are intended to help pull the discussion together into memorable chunks.

**This Week's Application Challenge:** Application is important! Remember, we are not just to be hearers of the word, but also doers. Encourage people to ask the Holy Spirit to guide them in finding unique ways to apply what they've learned from the sermon and discussion.

**Close in Prayer:** This is a good time to take requests and pray for one another.



**It's Okay not to be okay**  
*HOW TO OVERCOME DEPRESSION*  
**GROUP HANDOUT**  
OCTOBER 1, 2023

**POP QUIZ:**

1. Which of these, below, is NOT one of the "five D's" of depression described by Pastor Mark?  
A. Disappointment    B. Depletion    C. Distorted thinking    D. Disorientation  
E. Disengagement    F. Despair
2. True or False - Elijah's story shows us that we should expect to be happy and energized after a "mountain top experience" with God.                      True                      False
3. How did God draw Elijah out of his depression? (select all that apply)  
A. By listening patiently to his negative emotions.    B. By directing him to return to other people  
C. By telling him to immediately get up and get to work    D. By meeting his physical needs  
E. Through a great emotional experience.

**LOOKING BACK (Discuss)**

1. What was the main point of last Sunday's sermon as you recall it?
2. What questions did the sermon bring up in your mind?
3. During the past week, how did you apply in a practical way something you learned from the sermon?

**GETTING PRACTICAL (Discuss)**

What is the difference between feeling sad and a "major depressive episode?" What are some ways you have dealt with depression? When you are depressed - how easy or difficult is it for you to: a. "take care of your body" b. "face your feelings" c. seek out and engage in relationships? Do you tend to address or avoid your problems when depressed? What does it mean to you to "run to God" when you are depressed?

**THREE SERMON POINTS TO REMEMBER (Discuss how to apply these):**

1. Sadness at times is normal, but we do not need to live with ongoing depression.
2. Steps to overcoming depression include: caring for our bodies, expressing our emotions, building relationships, and reconnecting with the Lord.
3. God wants us to run *to* Him, not *away* from Him, with our emotions and problems.

**THIS WEEK'S APPLICATION CHALLENGE (Do):**

Write below or on the back how you will specifically apply what you've learned from this week's sermon.



**It's Okay not to be okay**  
*HOW TO OVERCOME DEPRESSION*  
**LEADER PAGE**  
OCTOBER 1, 2023

**POP QUIZ:**

1. Which word, below, is NOT one of the "five D's" of depression described by Pastor Mark?  
A. **Disappointment**   B. Depletion   C. Distorted thinking   D. Disorientation  
E. Disengagement   F. Despair   **Can you relate to any of these "D's" from your own experience?**
2. True or False - Elijah's story shows us that we can consistently expect to be happy and energized after a "mountain top experience" with God. True **False**   **Discuss reactions to Elijah's response. Surprised?**
3. How did God draw Elijah out of his depression? (select all that apply)  
A. **By listening patiently to his negative emotions.**   B. **By directing him to return to other people**  
C. **By telling him to immediately get up and get to work**   D. **By meeting his physical needs**  
E. **Through a great emotional experience.**  
**What does God's response to Elijah teach us about His character?**

**LOOKING BACK (Discuss)**

1. What was the main point of last Sunday's sermon as you recall it? **As with other mental health challenges we've looked at, seasons of depression aren't unusual, but we are not called to live a lifestyle of depression.**
2. What questions did the sermon bring up in your mind?
3. During the past week, how did you apply in a practical way something you learned from the sermon?

**GETTING PRACTICAL (Discuss)**

What is the difference between feeling sad and a "major depressive episode?" When you are depressed - how easy or difficult is it for you to: a. "take care of your body" b. "face your feelings" c. seek out and engage in relationships? Do you tend to address or avoid your problems when depressed? What does it mean to you to "run to God" when you are depressed? What is the safety plan mentioned by Pastor Mark for those who may despair? What should we do if we see signs of despair in ourselves or in another?

**THREE SERMON POINTS TO REMEMBER (Discuss how to apply these):**

1. Sadness at times is normal, but we do not need to live with ongoing depression. **Discuss how to discern the difference between these. At what point should we "take action"?**
2. Steps to overcoming depression include: caring for our bodies, expressing our emotions, building relationships, and reconnecting with the Lord. **Discuss specific ways to apply.**
3. God wants us to run *to* Him, not *away* from Him, with our emotions and problems. **Discuss helps and hindrances to pressing into God with our issues. Discuss what we can expect to receive from God.**

**THIS WEEK'S APPLICATION CHALLENGE (Do):**

Write below or on the back how you will specifically apply what you've learned from this week's sermon.

## It's Okay To Not Be Okay – October 1, 2023 - Mark Prugh

### DISCUSSION SUPPORT MATERIAL (For Leaders)

**Reminder:** This is week 4 of a 5-week series on mental health and Christians. We've discussed stress and burnout, worry and anxiety, loneliness, and now - depression. Everybody is either struggling with some of this stuff or knows someone who is. Jesus cares and gets us. We believe turning to Jesus will open the door to getting help and hope.

Remind people to visit the resources page at <https://www.lansdale.church/mentalhealthresources>. Ask if anyone has accessed the site and how they have found it to be helpful.

**Main Series Scripture:** Matthew 11:28-30 (NIV) - <sup>28</sup> "Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light."

Discussion: How do these verses apply to dealing with depression?

Refer to last week's DISCUSSION SUPPORT MATERIAL for a "Series Summary refresher".

#### Sermon Highlights & Additional Scriptures:

Primary Scripture for this week's sermon: *I Kings 19:3-9*

#### Pastor Mark described depression by applying "Five D's":

*Depletion* = Emotional, physical, spiritual exhaustion. Take a self-inventory to assess. (See checklist in sermon).

*Distorted thinking/self-pity* = Catastrophizing which means taking a difficult situation and blowing it up in size. *I Kings 19: 3,4,10.*

*Disoriented* = Reality doesn't match our expectations and we are left with uncertainty or confusion.

*Disengagement* = "Unplugging" from life. Pulling back from activities and relationships. *I Kings 19:9*

*Despair* = Helplessness and hopelessness which can lead to suicidal thoughts. *I Kings 19:4*

**Verses to memorize and meditate on:** *Jeremiah 29:11; I Peter 5:7; John 14:15-18*

Review value of specific Scripture meditation. Review safety plan for despair in ourselves or another we love.

#### Pastor Mark provided four steps to overcome depression and despair:

Discuss these points and how they can help.

**Take care of your body.** Eat well, exercise, sleep, see your physician, take medication properly. "Then he lay down and slept...So he ate and drank and lay down again." *I Kings 19:5*

**Express and understand your emotions.** Not facing your feelings only deepens your depression. "I am the only one left.." *I Kings 19:10*

**Build relationships to insulate you from loneliness.** Mental health issues "run in packs." The best way to insulate from all of them is by creating meaningful personal connections. "Go back the way you came." *I Kings 19:15*

**Reconnect with the Lord.** Don't run away from your problems. Run to God and camp there with Him. "...there was the sound of a gentle whisper. What are you doing here, Elijah?" *I Kings 19:12,13*