



05.16.2021
HOW'D I GET HERE?
Discussion Guide

BIG IDEA

Have the events of the past year left you in a state of heaviness, anxiety, or depression? Pastor Daniel shares six ways we can get into a spirit of heaviness in any season of life. We need to know the root cause that got us to this place before we can discover how to turn it around. Rest assured, there is hope and freedom in Jesus.

SCRIPTURES USED IN THE MESSAGE

- Galatians 5:1
- Lamentations 3:17-20
- 2 Corinthians 1:8
- 1 Kings 19:1-4
- Ecclesiastes 4:6
- Galatians 6:4-5
- Philippians 4:8-9
- 2 Corinthians 1:4-6
- Genesis 2:18
- Romans 12:5 (NLT)
- 1 Peter 5:8-9
- Ephesians 6:1

TALK IT OVER

Choose questions that keep the discussion moving. No need to discuss every question.

- When have you experienced a spirit of heaviness? How did it affect you? How did you deal with it?
- What are some areas people compare themselves with others? How can this be harmful if we do it?
- How is it possible to think our way to stress? How can you realign yourself with who God says you are?
- What are some benefits we receive through helping others?
- How can you foster socialization with others? Is the conversation shallow or are you willing to be vulnerable?
- How can spiritual warfare get us feeling heavy? How do you combat the enemy in spiritual warfare?

APPLICATION IDEAS

- Which of the six ways we can find ourselves in depression do you most identify with (life imbalances, comparing ourselves with others, ruminating and self-talk, inability to process pain in a healthy way, isolation and loneliness, and/or spiritual warfare)? Discuss how the group can support you in this area.

PRAYER FOCUS

At Lifepoint, we pray until something happens. Make time in every group meeting to pray for one another and the larger matters of concern to your group.

- Pray for God to reveal any root causes if you are in a state of heaviness and ways you can help others.

LEADER TIPS

- Be transparent with your group. It is important for you to reveal your own imperfections and challenges.