



Read- Matthew 6:25-34, Matthew 11:28-30

1. What do you know about depression and anxiety? Is anyone in the group willing to share some life experience?
2. How does understanding Jesus' suffering help us to frame our own?
3. Can you find other scriptures that speak into people's experience of depression and anxiety?
4. In Matthew 6:25 – 'Do not worry about your life'. How would someone who has a long-term mental health condition be able to hear that?
5. Someone commented on their experience of mental health and God that "God is the first to go and last to come back". Does that ring true? If it does how do we help people who are feeling that God has abandoned them?
6. How might the above statement impact someone's ability to "Come to me, all you who are weary and burdened" Matthew 11:28
7. Do you know someone who has depression in our church or your community, how can you offer long term support that might make a difference?