CCC Community Group Guide
Series: Holiday Hope
Week: Depression

Connect: Have you ever gone through a season where you felt emotionally exhausted, discouraged, or overwhelmed? What helped you keep moving forward?

Read: 1 Kings 19:4-8 "I have had enough, Lord," he said. "Take my life..."

Study Questions:

1.What surprises you most about Elijah's condition in this passage, especially after the victories he had experienced in chapter 18?

2.Elijah struggled with fear, exhaustion, worthlessness, guilt, and hopelessness. Which of these symptoms stands out to you most and why?

3. God treated Elijah like someone who was injured, not guilty. Why is that distinction important for Christians battling depression?

4. Many believers wrestle with thoughts such as:

"If I had more faith, I wouldn't feel this way."
"If I trusted God more, I wouldn't feel this way."

5. Why do you think Christians sometimes confuse emotional suffering with spiritual failure?

6. Jesus is our Hope

- Rest (Matthew 11:28-30)
- Bread of Life (John 6:51)
- Living Water (John 7:37-39)
- His Voice and Leadership (John 10:27)

Which of these do you most need from Christ in this season?

7. Depression is an experience, but it’s not who you are

- How can remembering this truth help someone find hope in the middle of depression?

Apply: This week, choose one of God's responses to Elijah:

Rest • Refuel • Rehydrate • Listen • Respond

What is one specific step you will take to move toward hope this week?

Prayer

Lord, thank You for meeting us in our weakness just as You met Elijah in his. Help us receive Your rest, trust Your provision, hear Your voice, and follow Your leading. Remind us that our struggles are not our identity, our suffering is not permanent, and because You are present, there is always hope. Amen.