

Cultivate Discussion Guide

Relational Remix – Dealing with Discouragement, Depression and Anxiety October 5 and 6, 2019

If you missed this weekend's message, view it at cultivate.sc/discussion
For more information on how we're using the enneagram, visit sandalschurch.com/enneagram

Tips for leaders:

- Prepare for your group. Your goal is to choose the questions that will lead your group into REAL conversation about the topics most meaningful to you. It's okay if you don't answer them all!
- To help everyone follow along, ask them to print the Discussion Guide or pull it up on their phone.
- If questions remain unanswered, encourage women to work through them as they cultivate God's word on their own throughout the week.

Cultivate Truth: Pastor Matt shared the REAL truth that when we are committed to following Jesus, we face an enemy - the devil. Sneaky and deceptive, he comes to steal and destroy. So often, his destruction begins by distracting us from our faith and convincing us to take our eyes off Jesus.

Read 1 Peter 5:8-9 MSG: "Keep a cool head. Stay alert. The devil is poised to pounce, and would like nothing better than to catch you napping. Keep your guard up. You're not the only ones plunged into these hard times. It's the same with Christians all over the world. So keep a firm grip on the faith."

#1: Think about a time you believe you experienced a spiritual battle:

- What did you learn about yourself? This might include vulnerabilities/areas of weakness you need to be aware of?
- What did you learn about God?

#2: What does it look like for you to "stay alert" and "keep your guard up?" Do you have a physical, emotional or spiritual practice that helps you "keep a firm grip on faith?"

- If not, what changes can you make so you aren't "caught napping" by the devil?

Consider the enneagram triads:

- The Gut Triad (8,9,1) experiences **guilt** for not **doing** enough
- The Heart Triad (2,3,4) experiences **shame** for not **being** enough
- The Head Triad (5,6,7) experiences **fear** of not **having** enough

#3: How do you relate to the struggle your triad/primary style might experience?

#4: As you consider your triad's primary motive (gut=instinct, heart=feelings, head=thoughts), what is your FIRST response in the face of discouragement, depression or anxiety?

Note: Be REAL about this! Do you choose avoidance or distraction? Do you isolate, overthink the situation or pursue unhealthy habits? Do you pray, seek out truth, ask for advice, etc...

#5: Is that response working for you? Share why it works OR what changes you'd like to make to pursue a healthier response - even if it's just small steps.

In order to overcome discouragement, depression and anxiety, we need to recognize:

- Our need for authentic relationships
- That we may need medical help and radical life change
- That God is present and powerful in the midst of our suffering

#6: In which of these areas do you MOST want to experience growth or change?

#7: What did you learn this weekend that helped you better understand what you need or even what others in your life may need when facing discouragement, depression or anxiety?

Dig Deeper Challenge: Did you complete the dig deeper challenge last week? Share any insight you gained about conflict in past relationships, in light of the way you accept those different than you.

Cultivate Prayer: Praying God’s word is not only a powerful way to combat the enemy, but it helps us to cultivate His truth into our hearts and minds. Choose one of the following verses, then read it aloud as a group. Respond in prayer, asking God to help you cling to and apply this truth when you’re facing discouragement, depression or anxiety:

“Do not yield to fear, for I am always near. Never turn your gaze from me, for I am your *faithful* God. I will infuse you with my strength and help you in every situation. I will hold you firmly with my victorious right hand.” Isaiah 41:10 TPT

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” Matthew 11:28-30 MSG

The Cultivate Podcast: When we encounter someone struggling with pain, grief or brokenness, it can be so hard to find the right words to say. Tune in to our October episode of The Cultivate Podcast as Tammy and Melody welcome special guest, Kayla Stoecklein for a REAL conversation on HOW TO: Be Kindness To People In Grief. You’ll learn valuable lessons on both how to and how NOT to handle grieving hearts. Available wherever you listen to podcasts or at cultivate.sc/podcast.

Resources to Help: If you or someone you know is struggling with discouragement, depression or anxiety, the following resources are available to you:

- For prayer and support at Sandals Church, connect with our Soul Care Team at move.sc/help
- For information on Christian Counseling and resources, go to www.aacc.net
- If you or someone you love is having thoughts of suicide, reach out to the National Suicide Prevention Lifeline at 1-800-273-8255