

Sermon Discussion Questions
Overcoming Depression
2 Corinthians 7:5-7
Cory Ishida (Guest Speaker)
August 6, 2017

Discussion Questions

1. Read 2 Corinthians 7:5-7. Pastor Cory shared three causes of Paul's depression: (a) fatigue, (b) conflicts, and (c) fearing the unknown. Have you ever experienced a season of depression as a result of one of these causes (or any other causes), and how did it impact your life?
2. Is there currently an "unknown" in your life that is causing you fear and/or anxiety? In what ways can you look to God for comfort?
3. God employs people to help those who are depressed. If you've ever been depressed, how did those around you provide comfort? How has God used you to comfort others during their depression?
4. God used Titus to encourage Paul in his depression. Titus brought three messages: (a) Longing... "Paul, we miss you," (b) Mourning... "Paul, we feel for you," and (c) Zeal... "Paul, we believe in you." Is there currently someone in your life who needs to be encouraged in one or more of these ways? Please share details if you are able to do so.