



# HERITAGE

COMMUNITY CHURCH

## **Missional Community Discussion** **Week of February 12th**

### **Opening thought:**

We can exercise, move to a different school, change environments, make more money, change spouses, or fill up our schedule with good things, but real change doesn't happen by fixing things on the outside. Real change comes from being willing to take an honest look at the conditions of our heart.

### **Questions to discuss:**

1. How would you define depression? Do you remember the definition that was given during the sermon? "Depression is a hopelessness that isn't consistent with reality. Mayo clinic defines Depression as a "mood disorder that causes a persistent feeling of sadness and loss of interest."
2. Read Psalms 42:2-5. Can you relate to the words of David? If so, how?
3. "For as he thinks in his heart, so is he." Proverbs 23:7 NKJV How would you define "STINKIN THINKIN"?
4. We talked about three sources of STINKIN THINKIN..(Satan, the World, and Problems). Can you remember a time when you were wrestling with your thoughts or mind. What do you think was the source of your STINKIN THINKIN? How did you come to realize you had STINKIN THINKIN and how did you address or are addressing your STINKIN THINKIN?
5. What are some ways that people deal with depression and darkness?
6. What are your thoughts about this statement, "There is no changing the way we think until we renew our mind."?

### **Looking ahead:**

Depression and difficulty is real. Be aware that none of us are immune to STINKIN THINKIN. If it can happen to people like David and Jeremiah in the bible, it can happen to us. When we find ourselves struggling, don't be afraid to speak to a trusted friend or mentor. Is there something today that you are wrestling with? How will you respond?

### **Challenge:**

"For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes (judges) our innermost thoughts and desires." Hebrews 4:12 Make the commitment to read God's word daily seeking his guidance and direction.

***Read through the New Testament in 2017 - This week's reading - Mark 3 - 7***



# HERITAGE COMMUNITY CHURCH

February 12, 2017

## SERMON SERIES: Inside - Out

Only \_\_\_\_\_ can truly change our life

Depression defined: “\_\_\_\_\_ that isn’t consistent with Reality.”

Mayo clinic defines Depression: “\_\_\_\_\_ disorder that causes a persistent \_\_\_\_\_ of sadness and loss of interest.”

*“Day and night I have only tears for food, while my enemies continually taunt me, saying, “Where is this God of yours?” My heart is breaking as I remember how it used to be: I walked among the crowds of worshipers, leading a great procession to the house of God, singing for joy and giving thanks amid the sound of a great celebration! Why am I discouraged? Why is my heart so sad?” Psalms 42:3-5*

Root of Depression—our \_\_\_\_\_ or way of \_\_\_\_\_

“What we \_\_\_\_\_, we will become”

*“For as he \_\_\_\_\_ in his heart, so is he” Proverbs 23:7 NKJV*

Main point: I can’t \_\_\_\_\_ my life, until I change the way I think

“Stinkin’ \_\_\_\_\_”

### Sources of “Stinkin’ Thinkin’”

1. The \_\_\_\_\_ himself

*“He has always hated the truth, because there is no truth in him. When he lies, it is consistent with his character; for he is a liar and the father of lies”. John 8:44*

2. \_\_\_\_\_

*With the Lord’s authority I say this: Live no longer as the Gentiles do, for they are hopelessly confused. Their minds are full of darkness; they wander far from the life God gives because they have closed their minds and hardened their hearts against him. They have no sense of shame. They live for lustful pleasure and eagerly practice every kind of impurity. Ephesians 4:17-19 NLT*

### 3. Problems \_\_\_\_\_

*O Lord, why do you stand so far away? (you aren’t helping me out) Why do you hide when I am in trouble?... Lord, you know the hopes of the helpless. Surely you will hear their cries and comfort them. You will bring justice to the orphans and the oppressed, so mere people can no longer terrify them... Psalms 10:1, 17-18*

*O Lord, how long will you forget me? Forever? How long will you look the other way?... But I trust in your unfailing love I will rejoice because you have rescued me. I will sing to the Lord because he is good to me... Psalms 13:1, 5-6*

*I am the one who has seen the afflictions that come from the rod of the Lord’s anger. He has led me into darkness, shutting out all light. He has turned his hand against me again and again, all day long. He has made my skin and flesh grow old. He has broken my bones. He has besieged and surrounded me with anguish and distress. He has buried me in a dark place, like those long dead. He has walled me in, and I cannot escape. He has bound me in heavy chains. And though I cry and shout, he has shut out my prayers. He has blocked my way with a high stone wall; he has made my road crooked. He has hidden like a bear or a lion, waiting to attack me. He has dragged me off the path and torn me in pieces, leaving me helpless and devastated. He has drawn his bow and made me the target for his arrows. He shot his arrows deep into my heart. My own people laugh at me. All day long they sing their mocking songs. He has filled me with bitterness and given me a bitter cup of sorrow to drink. He has made me chew on gravel. He has rolled me in the dust. Peace has been stripped away, and I have forgotten what prosperity is. I cry out, “My splendor is gone! Everything I had hoped for from the Lord is lost!” The thought of my suffering and homelessness is bitter beyond words. I will never forget this awful time, as I grieve over my loss. Yet I still dare to hope when I remember this: The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning. Lamentations 3:1-23*

There is no changing the way we think until we \_\_\_\_\_ our mind

Romans 12:2  
Romans 8:5-6  
Hebrews 4:12

EVERYDAY \_\_\_\_\_ GODS WORD

WEBSITES:  
[www.heritagecommunity.org](http://www.heritagecommunity.org)  
[www.youversion.com](http://www.youversion.com)  
[www.lifeworksgroup.org](http://www.lifeworksgroup.org)