

MESSAGE NOTES

PRACTICAL APPLICATION | Walking It Out

1. Pastor Bryan asked this question: "When was the last time you slowed down long enough to hear God's whisper?" So, when was it?

2. Take the Challenge: Using the H.A.L.T. acrostic, create a new routine that can help you manage your highs and lows. Maybe that's changing your diet or your mealtimes. Maybe that's turning off the devices earlier so that you get more sleep. Maybe that's setting the alarm 45 minutes earlier so you can start your day with time reading your Bible and praying. Maybe that's setting up a recurring coffee meeting with a good friend.

PRAYER REQUESTS _____

Series: Weeds In My Garden
"HALTing Depression"

Bryan Mrazek
Church360
August 31, 2025

NOTES:

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SMALL GROUP DISCUSSION QUESTIONS

For the week of August 31, 2025

OPENING DISCUSSION | Let's Get the Discussion Started

1. We all have different daily routines. What does a typical daily routine look like for you?

2. In 1 Kings 18, Elijah experiences this depression shortly after his monumental clash with the prophets of Baal and the threat given by Jezebel. What could have led him to feel that way?

2. Talk about a "mountain top" experience for you. A time where you achieved or experienced something that was once-in-a-lifetime.

How do we often let our expectations or other's criticisms block our minds from seeing God's glory and provision?

BIBLICAL REFLECTION | What Does God Say About This?

1. H-ungry A-ngry L-onely T-ired. Which of these do you find yourself neglecting the most often?

3. Read Psalm 46. David paints this picture of chaos, wars, earthquakes and destruction all around him...yet he is told to "be still and know that I am God." How can we apply that to our lives today?

4. If depression is a "chronic absence of HOPE," how can we combat depression through the words of Romans 15:13?

How can it affect your relationships at work or home?

What could it look like in your life right now to trust God with complete joy and peace?