

# NCC Life Group Application

Week 4 Message: H.A.L.T. Depression | Series: Weeds! | Date: 4.28.24

## Application Opportunities:

*Remember these applications are meant to help us apply the message. Prayerfully consider how to apply the message with your family, your group, or for you personally. Seek to intentionally grow your faith!*

## Application Actions:

1. **Challenge possible misconceptions:** Evaluate and discuss your views about mental health as a Christ follower. About Christ followers who struggle with mental health. Does God care about our emotional and mental well-being.
2. **Connect with others:** Do not isolate yourself. Loneliness can contribute to feelings of depression. It is essential to connect with other believers and share your struggles with people who care about you. The sermon emphasizes the importance of being part of a community and not trying to go through the storms of life alone.
3. **Pour out your heart to God:** God invites you to pour out your heart to Him. He can handle your fears, anger, mess, and complaints. Take time to talk to God honestly about what you are going through and allow Him to comfort and strengthen you.
4. **Take care of your physical well-being:** Evaluate if there is something out of balance in your life that may be contributing to your depression. This could involve assessing if you are neglecting the rhythm of rest in your life or if you are neglecting your physical needs.
5. **Listen for the whisper of God:** Quiet yourself and listen for the whisper of God. Set aside time to be still and tune out the noise of the world. The sermon emphasizes that God often speaks in the quietness of our lives. By listening to His voice, we can find comfort, direction, and clarity.
6. **Get back in the game:** After pouring out your heart to God and receiving His comfort and strength, allow Him to give you a new purpose and challenge. Instead of staying isolated and dwelling on the past, seek to serve God and others.