

# MESSAGE NOTES

## PRACTICAL APPLICATION | Walking It Out

1. Whose burdens do you need to help carry? Are there burdens right now we need to carry for each other?

2. Take the Challenge: Each day this week, take 5-10 minutes and pray. Mention everyone in your Small Group by name and ask God to overwhelm them with His Spirit of peace and truth.

PRAYER REQUESTS \_\_\_\_\_

Series: Weeds In My Garden

"You're Not Alone - The Truth About Self Harm & Suicide"

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Church360

August 24, 2025

NOTES:

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# SMALL GROUP DISCUSSION QUESTIONS

*For the week of August 24, 2025*

## OPENING DISCUSSION | Let's Get the Discussion Started

1. Today's topic is heavy, so let's start with something light! Let's make some predictions!

How many games will the Dallas Cowboys win this season?

Which two teams will play in the Super Bowl this coming February?

2. What is a false advertisement for a product or service that you fell for?

2. David asks in Psalm 42:5, "Why, my soul, are you downcast? Why so disturbed within me?" What does it mean to "interrogate your depression"?

In what ways can we help others do that?

## BIBLICAL REFLECTION | What Does God Say About This?

1. Genesis 3:1 tells us that Satan begins to place doubt in Eve's mind by asking her, "Did God really say ... ?" What lies does he still tell us today?

What are some of those lies you have battled with about God's goodness?

3. David's counsel to himself in Psalm 42:6-11 was to "wait", "remember", and "praise". What can it look like for us to wait for, remember, and praise God in the midst of our doubts, depression, trials and fear?

4. What does it look like to "carry each other's burdens" in a Christlike way, especially for someone going through a mental health crisis? (Galatians 6:2)