

SHADOW LIGHT

WITH CAMERON CLOUD

SESSION I - A BIBLICAL VIEW OF DEPRESSION & ANXIETY

REVIEW

Someone once said, "It's not a sin to be depressed. It's a sin when we stay there." It's not wrong if you are "battling" depression. It's when you surrender. In this session we find Elijah, the prophet, in a place of depression. We will introduce five fronts on which the battle of depression and anxiety can be engaged, and the biblical principles that prepare us for this fight.

Read Micah 7:8 & 1 Kings 19:1-4

REFLECT

How do people misunderstand depression and anxiety?

What are some biblical characters that experienced depression and anxiety?

Which five topics are going to be covered in this series? Which area do you struggle with the most?

What are the three principles to keep in focus when someone is battling depression and anxiety?

RESET

Read through 1 Kings 19. Spend some time writing out your reflections and prayers regarding the scripture below.

Write out what you desire to learn from this study.

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SESSION 2 - PHYSICALLY REFRESHED

REVIEW

We are created in the image of God. As part of that image we are complex beings. To understand our mental health, we must also address the physical element. Physical health affects our mental health, but it can also reflect our mental health. Mental health can lead to physical health problems and poor physical health can contribute to poor mental health. Join us as we develop tools to help be physically refreshed through rest, food, and activity.

Read Micah 7:8 & 1 Kings 19:1-4

REFLECT

What is biblical rest?

Are you getting enough rest? If not, what is hindering you from being rested?

Which of the three areas of adequate rest (sleep), moderate food, or appropriate activity do you struggle with the most and why?

What are the three principles for understanding physical refreshment?

RESET

Write out practical steps you are going to take this week to be physically refreshed.

Prayerfully seek God for his guidance and help in the area of physical refreshment. Write out your prayer below.

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SESSION 3 - MENTALLY RENEWED

REVIEW

Anxiety can become a habit wired or grooved into our brain and nervous system so that it becomes our default mode when certain things happen to or around us. We need to recognize these habits and their “triggers” so we can begin working at ridding ourselves of them. It may take some time (2-6 months) and we may have more than one, so we must commit to the long-term. However, our brain and nervous system can literally change their structure and develop new grooves.

Read 1 Kings 19:13-14

REFLECT

Read the following verses and write your reflections.

Proverbs 23:7 _____

Romans 12:2 _____

Ephesians 4:23 _____

Colossians 3:2 _____

Which types of wrong thinking are you most prone to and why? (All or nothing, overgeneralization, mental filter, discounting the positive, jumping to conclusions, magnifying, emotional reasoning, inappropriate “should” statements, self-labeling, self-blame.)

Are there any areas or situations in which your thinking is wrong?

RESET

Write out a prayer asking God to help you in the area of wrong thinking.

Memorize Philippians 4:8 this week.

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SESSION 4 - RECENTERED PERSONALLY

REVIEW

Our world places a high premium on self-esteem and how we feel about ourselves. Encouragement to “accept ourselves,” feel good about ourselves, or see ourselves as special are well-intended, but superficial. Only the recognition of the acceptance of a loving God can provide a deep-seated sense of security and allow us to love ourselves rather than loathe ourselves! Join us in this session as we seek the biblical balance of self-compassion.

Read Micah 7:8 & 1 Kings 19:1-4

REFLECT

What are the two “selves” that cause us to struggle with depression and anxiety?

Self - _____ Self - _____

What three things does self compassion recognize?

1. Made in the image of _____
2. Redeemed by _____
3. Filled with his _____

When in your life did you face rejection?

Read Ephesians 1:3-6 and write your reflections below.

RESET

Write out a prayer reflecting on self-compassion and God's acceptance of you in Christ!

Challenge: Memorize Ephesians 3:6 this week.

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SESSION 5 - RECONNECTED SOCIALLY

REVIEW

Our society is becoming increasingly depersonalized. We work from home. Shop from home. We are entertained in solitude. Self-checkout. Drive-through. Online. We are more connected than ever while being less connected than ever, and our mediums of information and communication heighten our disconnectedness. We forget that we were designed to be in community with God and man. We forget that it is not good for man to be perpetually alone. In this session on our mental health, we will see how the Gospel shapes us to be reconnected socially.

Read 1 Kings 19:15-18 & Genesis 2:18

REFLECT

Why do you think sustained isolation is dangerous?

How many people had not bowed a knee to Baal in 1 Kings 19:18?

Who are some encouraging people in your life?

Who can you serve or encourage this week?

RESET

How are you going to reconnect socially this week?

Spend some time praying for those you are going to serve and encourage this week.
Write out your prayer below.

Challenge: Memorize Romans 12:5 this week.

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SESSION 6 - REVIVED SPIRITUALLY

REVIEW

“In this final session of our study, we will address perhaps the most important aspect of our mental health: Being revived spiritually. While every case of depression is not caused by spiritual factors, some are. And while every case of depression is not caused by spiritual factors, every case CAN affect you spiritually. Let’s take a look at four necessities for being Revived Spiritually.”

Read 1 Kings 19:8-12

REFLECT

Read and reflect on the following verses.

Romans 8: 38-39 _____

Ephesians 1:6 _____

Jeremiah 32:41 _____

1 John 1:9 _____

Isaiah 49:6 _____

Hebrews 13:5 _____

Do you feel like you consistently follow God? How is your prayer life and daily Bible reading?

Do you have any habitual sin in your life?

RESET

Spend some time in prayer repenting of sin and praying for a renewed heart that is set on God.

Challenge: Read through the book of Mark this week and reset your heart upon the life, sacrifice, and victory of Jesus!