



RCCG Sunday School Student Manual 19 May 2024: Lesson 38

Description

RCCG Sunday School Student manual 19 May 2024 for the adult class.

Today's Lesson 38 topic is DEPRESSION (PART 2).

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- [RCCG Sunday School Teachers Manual 19 May 2024](#)
 - [Open Heaven 19 May 2024 Devotional](#)
 - [RCCG YAYA Sunday School 19 May 2024 Manual](#)
 - [RCCG House Fellowship Manual 19 May 2024](#)
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**RCCG SUNDAY SCHOOL STUDENT MANUAL 19 MAY 2024
(LESSON 38)**

TOPIC: DEPRESSION (PART 2)

BIBLE PASSAGE: Job 3:23-26

23 Why is light given to a man whose way is hid, and whom God hath hedged in?

24 For my sighing cometh before I eat, and my roarings are poured out like the waters.

25 For the thing which I greatly feared is come upon me, and that which I was afraid of is come unto me.

26 I was not in safety, neither had I rest, neither was I quiet; yet trouble came.

MEMORY VERSE:

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Psalms 23:4.

INTRODUCTION

Depression is misunderstood by many, and it often carries a stigma. It can distort one's perception of reality or make one doubt his/her judgement.

Only those who have gone through depression can comprehend how terrible the experience can be.

Finding healing is possible but may take time. Some people may give the wrong advice because they do not understand depression.

Therefore, it is important to find out what is and is not true about depression and tips that can help people going through it.

OUTLINES:

1. MISCONCEPTION VS REALITY
2. HELPFUL TIPS FOR THE DEPRESSED

1. MISCONCEPTION VS REALITY

1. Misconception: Depression is not real.

Reality: Depression is a real illness that impacts the brain's ability to function as it should.

2. Misconception: Depression is a sin.

Being depressed means you are failing to trust God.

Reality: Depression is a mental illness, not a sin.

3. Misconception: Depression will go away if you pray hard enough or have enough faith.

Reality: Depression is a serious illness that usually needs prayer plus treatment. God gave doctors and mental health professionals the understanding and skills to help those who are suffering.

4. Misconception: Depression is a punishment from God. If you feel depressed, it is because you have not confessed your sins (John 9:1-3).

Reality: Depression is not the fault of the person who is suffering. It is a trial that can redefine someone's faith, but it is not a punishment for sin.

5. Misconception: People with depression are unstable and cannot be trusted with church leadership or responsibilities.

Reality: Depression and other mental illnesses do not disqualify people from leadership or church roles except during times of "deep depression". The experience can give people compassion or perspective in a way that makes them good leaders (1 Samuel 30:1-10).

6. Misconception: It is shameful to discuss mental illness openly.

Reality: The church community should be a safe environment for people to discuss mental health without prejudice.

7. Misconception: You can always tell if someone is depressed by outward appearances or actions.

Reality: You cannot always tell that someone is depressed from how they look or act. Some depressed people are so skilled at hiding their conditions that you would never know.

CLASS ACTIVITY 1:

Why is it that some people with mental health issues shy away from discussing

2. HELPFUL TIPS FOR THE DEPRESSED

There are some helpful tips if you are a Christian going through depression or if you know someone who is.

1. God cares about your state (Hebrews 4:16; 1 Peter 5:7).

2. Like biblical patriarchs, you are not alone (Jeremiah 20:7-11; 1 Kings 19:4-6; Psalm 42:9)

3. God's love and faithfulness never depend on you. His love for us is solely dependent on his character, grace and goodness (Lamentations 3:21-23).

4. God saves and delivers from afflictions (Psalm 34:18-19).

5. God can bring good even out of something as bad as depression (Romans 8:28).
6. There is still hope. Your low thoughts and emotions are not The truth (Job 14:7-9; Romans 8:35-39).
7. You can find strength by leaning on community (Romans 15:1)
8. Your friends and family can help you by praying and being there for you.
9. It is not a sin to seek professional help for depression as a Christian (Luke 5:31).
10. Do not allow anything to separate you from God (Romans 8:30-39; Hebrews 12:2).

CLASS ACTIVITY 2:

Why do we have cases of people committing suicide as a result of depression despite the available helpful tips around?

CONCLUSION: RCCG Sunday School Student Manual 19 May 2024

With God's love and support from the people around you, you can get through depression.

QUESTION:

1. Debunk three misconceptions about depression.
2. Mention four helpful tips for the depressed

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Identify people around you who are going through depression and minister to them (No marks).

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