

# Beyond Blue

## Despair

### Discussion Questions

**Warm-Up:** What's the first thought that comes into your mind when you hear the word **despair**? (Definition: Lack of hope.)

#### Discussion Questions:

1. What does despair look like in your life?
2. Have you ever had poor experiences with other Christians when sharing about despair?
3. When you're having a hard time, what can others do to support you?
4. What are some ways to demonstrate love to someone who is full of despair?
5. How does the world teach us to cope with despair? How does the Bible tell us to cope with despair? Look at Psalms 42-43 and 13 to see how different people handled despair.
6. What are practices in your life that lead to spiritual, emotional, and physical well-being?