

- God did not design us to live in isolation, to be alone.

**“The LORD God said, ‘It is not good for the man to be alone. I will make a helper suitable for him.’” (Gen 2:18 NIV)**

**Q1. Who are your helpers; who is on your support team?**

**Q2. How hard has it been for you to share your struggles (as a mood disorder sufferer or as a care giver) with others?**

**Q3. Do you ever feel like you cannot talk to other people because nobody understands what you are going through?**

- List the names of 5 people you can count on for support

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Q4. How do you feel about the number of people on your list?**

Check if applicable “I wish I had more friends and a stronger support system.”

- Mood Disorder Share and Prayer Support Group PURPOSE: We purpose **to connect people** suffering with a mood disorder **with God and with us as followers of Jesus** and to encourage them to find comfort, hope, and purpose in life.

- Mood Disorder Share and Prayer Support Group PILLAR #1: “We believe that those struggling with a mood disorder **should not suffer alone**, but seek help from others.”

- God wants to provide people to help you carry your burdens.

**“Carry each other's burdens, and in this way you will fulfill the law of Christ.” (Gal. 6:2 NIV)**

- As followers of Christ, we want to weep with you when you are sad and rejoice with you when something good happens.

**Rejoice with those who rejoice, and weep with those who weep.” (Rom 12:15 NKJ)**

**Q5. What do you want from your supporters/helpers (check all that apply)?**

- |  |  |
|--|--|
| <input type="checkbox"/> Acceptance    | <input type="checkbox"/> Monitoring              |
| <input type="checkbox"/> Activities    | <input type="checkbox"/> Phone calls             |
| <input type="checkbox"/> Advocacy      | <input type="checkbox"/> Sharing                 |
| <input type="checkbox"/> Caring        | <input type="checkbox"/> Someone to talk to      |
| <input type="checkbox"/> Companionship | <input type="checkbox"/> Someone who will listen |
| <input type="checkbox"/> Diversion     | <input type="checkbox"/> Time                    |
| <input type="checkbox"/> Empathy       | <input type="checkbox"/> Understanding           |

**Q6. How can this support group help you?**

## Prayer Requests

## Mood Disorder Share and Prayer Support Group

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

<h3>Don't Suffer Alone</h3>
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**Our mission** – Glorify God by serving those who suffer from a mood disorder and those who care for them

#### Pillar # 2

**We believe that those struggling with mood disorders can find hope to overcome hopelessness, in spite of their diagnosis and feelings. “For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future (Jeremiah 29:11 NIV).”**

A ministry of Grace Baptist Church, Bowie MD  
Childcare available at no cost from 7:00-8:30 PM Tuesdays  
[www.gbcbowie.org](http://www.gbcbowie.org)