**Reducing Stigma Around Depression**

*Jonah 3:10-4:11*

**Main idea**: To create a supportive and non-judgmental environment for individuals dealing with depression, emphasizing the role of God's grace and the community in providing comfort and healing.

**Topic**: Grace

Suggestions for moving forward with the sermon on reducing stigma around depression:

1. Build on the concept of grace:

- Explore the idea of God's grace being available to all, including those struggling with depression.

- Highlight how grace can provide comfort, healing, and hope to individuals facing mental health challenges.

- Emphasize the importance of extending grace and understanding to those who are experiencing depression.

Scripture passages to consider:

- Ephesians 2:8-9: Expound on the concept of grace as a gift from God, emphasizing that it is not earned but freely given.

- 2 Corinthians 12:9: Discuss how God's grace is sufficient in our weaknesses, including mental health struggles.

2. Address the role of community and support:

- Discuss the significance of creating a supportive and non-judgmental environment for individuals dealing with depression.

- Encourage the congregation to be compassionate listeners and offer practical support to those in need.

Scripture passages to consider:

- Galatians 6:2: Encourage the congregation to bear one another's burdens, including mental health challenges.

- Romans 12:15: Highlight the importance of rejoicing with those who rejoice and mourning with those who mourn.

3. Explore the concept of renewal and transformation:

- Discuss how God's grace can bring about transformation and renewal in the lives of individuals struggling with depression.

- Share stories or examples from Scripture that illustrate how God can bring hope and healing to those in despair.

Scripture passages to consider:

- Psalm 34:18: Highlight God's nearness to the brokenhearted and His ability to save those who are crushed in spirit.

- Isaiah 61:3: Discuss how God can provide beauty for ashes and joy instead of mourning.

Language suggestions from original languages:

- In Jonah 3:10, explore the Hebrew word "nacham," which means "to comfort" or "to console." Discuss how God's grace can bring comfort to those struggling with depression.

- In Jonah 4:6, consider the Hebrew word "sukkah," which means "shelter" or "covering." Discuss how God's grace can provide a safe haven for those facing mental health challenges.

Additional verses to support the sermon's point:

- Psalm 42:11: "Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God." This verse emphasizes the importance of finding hope in God during times of depression.

- Matthew 11:28-30: "Come to me, all you who are weary and burdened, and I will give you rest." This verse highlights Jesus' invitation to find rest and relief from the burdens of life, including mental health struggles.

Remember to weave these additional ideas and verses into your sermon in a way that reinforces your current ideas and supports your main message of reducing stigma around depression.