



Depression – Why are you in Despair, O my Soul?
Psalm 42-43 October 27, 2019

Introduction:

- A. This series is called – The Struggle is Real! There are few places where the struggle is more real and painful than when in the middle of depression!
 - 1. I can say that personally because I have experienced three deep and long seasons of depression.
 - 2. So much of what you will hear today does not just come from an understanding that comes only from study but an understanding that has been seasoned with real life depression!
- B. Depression is that time when you are experiencing a deep sadness and hopelessness!
 - 1. Trouble focusing and carrying out normal daily activities
 - 2. Feelings of being overwhelmed
 - 3. Thoughts are often negative and full of untruths and sometimes can carry you into that dark room of wanting to commit suicide as there appears to be no way out or end to it
 - 4. Anxiety and feeling stressed out are also in the mix
- C. Depression can come from either biological or situational causes.
 - 1. Situational causes can come in many different shapes or forms as you find yourself in some kind of negative or stressful situation over a long period.
Turn to
- I. Psalm 42-43
 - A. Intro info
 - 1. One of the sons of Korah wrote it.
 - a) At that time, the sons of Korah were the gatekeepers of the tabernacle and the singers and musicians who formed the choir.

- b) 1 Chronicles 12 tells us that some of the sons of Korah accompanied David when he was on the run from Saul and some of them were probably with him when he was on the run from his son Absalom,
 - c) Both times, they were in exile with David from Jerusalem and the tabernacle!
 - 2. As we read these psalms, it appears that it was during one of these times of exile these psalms were written as the writer longs to be back at the temple worshipping God. Read 42:1-4, 6
 - 3. This man longed for God, God the one who brought him exceeding joy. He also longs to be back at the tabernacle to worship Him, doing the ministry he loved to do before the Lord.
 - a) This was the situation that made him depressed
 - b) I am sure many of you can relate to this because I am sure this is exactly the way you feel when you have to miss being at MVC on a Sunday morning
 - B. As I read through these psalms
 - 1. You will note and those who have experienced depression before will relate to a man who knew tears, a man pouring over the deep things in his heart and longing for the good old days, a man who had deep questions about where is God and why is he going through this. A soul in despair and troubled, sadness and mourning
 - 2. Watch for this as I read and note some of his responses and hopes to all of this. Read Ps 42-43
 - So what I want to do today is share some lessons we learn from these psalm that can be helpful to us in our battle with depression! The first one is...
- II. speak truth and faith to yourself
- A. Read 42:5, 11; 43:5.
 - B. This seems to be the key truth he is trying to drive home as it is repeated three times as the refrain to this psalm. To be honest with you, it is the key truth that I applied to myself to both pull out of my last depression and to daily maintain my soul's health as my greatest preventative spiritual medicine!
 - C. We know that the battleground where Satan seeks to trip us up is our thoughts! When in depression our thoughts are all over the map and normally controlled by negativity and lies! Read 2 Corinthians 10:3-5

- D. Two things I read that God put together in a powerful way to show me that every, every, every thought matters
1. The most influential person in your life is you, because no one speaks to you more than you as we have an internal conversation going on in our heads all day long Paul Tripp
 - a) So true for a depressed person and that conversation normally is very unkind to you about who you are and what you have done, and is full of negativity and lies.
 - b) We normally sit there all day long and say, “You are right I am no good, I am useless to God and anyone, I am unlovable, I am a failure and never will be anything different, etc.
 2. But it was Martin Lloyd Jones who said this
 - a) The biggest problem with Christians is that they listen to themselves rather than speaking to themselves.
 - b) Then he referred to this psalm and this refrain that comes up three times as the key to this psalmist dealing with his depression
- E. There is nothing more important for emotional health than becoming the gatekeepers of our own thoughts.
1. tune into that internal conversation and recognize what you are telling yourself or what Satan is lying to you about
 2. Untrue negative thoughts we must reject them and refuse to believe them and redirect them into the direction of God’s word often by quoting the truth of god’s word.
 3. Finally, we must establish new thinking pathways by memorizing and meditating on the truth of God’s word about us and our situation!
 4. We must speak truth and faith to our hearts that God will come through and help me just as He says he will.
- The next lesson is that we must...
- III. remember God right in the middle of the difficulty
- A. Read
 - B. In Psalms this is a very common practice when the psalmist finds himself in any trouble and not just depression to remember God
 - C. When we take time to remember and think on what we know of God from the Scripture and our own past experiences with Him, a new perspective comes back

into our hearts and takes us out of the drunken stupor depression puts us in and sobers us up to again find hope and expectation in God!

1. V7 – reality is that God is sovereign over what is going on in his life
 2. V8 God is going to show up with His lovingkindness and putting His song in my heart!
- The third lesson is that we must...

IV. Be radically honest with God in prayer

- A. Read 42:6, 9, 43:1-3
 - B. Depression is not a time to just say your prayers or pray through your prayer list feeling that if I just do my prayer times, then all will get better
 - C. It takes a radically honest prayer from the depths of your heart where you tell God right where you are at, what you need from Him, and even how you are feeling about Him and what He is doing in this situation!
- The final lesson is that we must...

V. Trust God's truth to guide you through the depression!

- A. read 43:3-4
- B. When you are depressed, you feel like you are in the middle of the ocean during a fierce storm on a life raft without a paddle and no compass to know which direction even to begin heading.
- C. Those who have flown airplanes know this much better than me but I believe they call it flying by the seat of your pants – that is when you fly according to your judgments, senses, feeling and eyesight.
 1. But the reality is that so many times the reality of the situation is very different from what you think you see, feel and sense when flying. Many fatal accidents have happen because of flying this way.
 2. Depression is the worst time in your life to be trying to direct your life by what you see, feel, sense and think. It is a recipe for spiritual and emotional disaster.
 3. We need God's truth to lead us out of the darkness and back onto solid ground. God's word, where we find God's truth must be our compass and instrument panel by which we navigate our time through depression!