



GROWING THROUGH OUR CHALLENGES

**TODAY: GROWING PAST
DEPRESSION**

PSALMS 42-43

PSALM 42

As the deer pants for streams of water, so my soul pants for you, my God.

² My soul thirsts for God, for the living God. When can I go and meet with God?

³ My tears have been my food day and night, while people say to me all day long, “Where is your God?”

⁴ These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng.

PSALM 42, CONT

⁵ 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.

⁶ My soul is downcast within me; therefore I will remember you

from the land of the Jordan, the heights of Hermon— from Mount Mizar.

⁷ Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me.

⁸ By day the LORD directs his love, at night his song is with me— a prayer to the God of my life.

PSALM 42, CONT.

- ⁹ I say to God my Rock,
“Why have you forgotten
me? Why must I go
about mourning,
oppressed by the
enemy?”
- ¹⁰ My bones suffer mortal
agony as my foes taunt
me, saying to me all day
long, “Where is your
God?”

- 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.

PSALM 43

Vindicate me, my God, and
plead my cause against
an unfaithful nation.
Rescue me from those
who are deceitful and
wicked.

² You are God my
stronghold. Why have
you rejected me?

Why must I go about
mourning, oppressed by
the enemy?

³ Send me your light and
your faithful care, let
them lead me; let them
bring me to your holy
mountain, to the place
where you dwell.




PSALM 43, CONT

⁴ Then I will go to the altar of God, to God, my joy and my delight. I will praise you with the lyre, O God, my God.


⁵ 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.



TYPES OF DEPRESSION

- Event related – loss, grief, sickness, financial problems, we usually will recover from these
 - Season Affective Disorder, S.A.D. (“winter blues”)
 - Postpartum depression
 - Depression from coming down from an emotional high
 - Depression related to bipolar problems
 - Dysthymia – sad, fatigued, negative on their approach to life, a prolonged minor depression
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HIDDEN CAUSES OF DEPRESSION


- Unresolved anger, unforgiveness toward others,
 - Personal guilt, anxiety, shame, loss of self-worth
 - Anger turned inwards
 - Often perfectionism sets us up for depression, because nothing is good enough, we are certain to have failed expectations of our self and of others
 - Bio-chemical problems, physical problems
 - Alcohol problems – self “medication”
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PRAYER BY PETER MARSHALL

Father ... check our impulse to spread ourselves so thin that we are exposed to fear and doubt, to the weariness and impatience that makes our tempers wear thin, that robs us of peace of mind, that makes skies gray when they should be blue, that stifles a song along the corridor of our hearts.



NATURE OF DEPRESSION

- Hopelessness
 - The past super-imposed over the present
 - A loss of enthusiasm and energy
 - An emotional shutdown
 - Inner hostility toward self
 - A sense that things cannot improve
 - We no longer *feel* that God is present
 - Self-centeredness, difficult to think about others
 - Loss of a realistic perspective of life
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WHO WROTE PSALMS 42-43?

Soul-thirstiness –spiritual
refreshment from God.

Oppression and taunts by
his enemies

Bright moments of worship
in the past

Sensed God in the beauty
of nature

Someone who now felt
submerged beneath the
waves of the ocean

Who saw no end to his
troubles

Who summoned the faith to
believe he would again have
his high moments of
worship

HOW CAN WE GROW THROUGH DEPRESSION?


Explore Reality: Survey the major influences of your life, and recommit your heart to God (42:1-5)

Exercise Faith: Find the faith that is determined to believe that God has not deserted us (42:6-11)

Educate Your Mind: Learn and believe the biblical message of your value to God (Psalm 43:1-5)



1. EXPLORE REALITY, PSALM 42:1-5

- Depression requires us to look honestly at the causes of our sadness.
 - What hidden burdens do you carry?
 - What ideologies have negatively influenced your life?
 - Family legacies? Anger? Fear? Shame? Worry?
 - Personal choices? Worship? Worldliness?
 - Explore your past with God in conversational prayer
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THE DARKNESS OF THE HUMAN SOUL




If I say, “surely the darkness will hide me, and the light around me become night” – even the darkness is not dark to You. The night shines like day; darkness and light are alike to You.

Psalm 139:11-12

AS YOU SEARCH YOUR HEART

- Do not fear what you will find if you take God along on your search with you
 - Confess the fault that is yours
 - Forgive the fault that is another's
 - Make restitution if necessary
 - Renounce secret and shameful ways (2 Cor. 4:2)
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2. EXERCISE FAITH, PSALM 42:6-11

- **The psalmist summoned just enough faith to believe that God had not deserted him.**
 - **“Deep calls to deep” – the immeasurable depth of God calls to the depth created in mankind. Only God satisfies our hearts.**
 - **The waves and breakers that sweep over us are God’s, and come to us through His filter of love.**
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SOULISH (NATURAL PERSON) VS SPIRITUAL WORSHIP

SOULISH

- Feelings and memory: “the festive procession ... with joyful shouts”
- Atmosphere: “I remember you from the land of Jordan, the peaks of Hermon...the roar of your waterfalls”

SPIRITUAL

- Word and truth: “Send your light and truth, let them lead me” (43:3)
- Christ: “Your altar my greatest joy” (43:4)
- Spirit: “Deep calls to deep...His song will be with me in the night” (42:7-8)

ELIJAH: THE GREAT BUT DEPRESSED PROPHET



- Isolated for several years, lonely.
- Persecuted
- Idealistic, deep passion for God.
- Great moment of victory at Mt Carmel.
- Jezebel's threat to kill him sent him into a devastating depression.

ELIJAH: THE DEPRESSED PROPHET



He sat down under a broom tree and prayed that he might die. He said, “Enough, Lord. Take my life, for I am no better than my fathers.” Then he lay down and slept under the broom tree.

1 Kings 19:4-5

ELIJAH: THE DEPRESSED PROPHET




- A mighty wind?
- An earthquake?
- A great fire?
- “a still, small voice”
- “When Elijah heard it he wrapped his face in his mantle...”
- The spiritual is greater than the physical

ELIJAH: THE DEPRESSED PROPHET




- “What are you doing here, Elijah?” Exploration
- God gave him something simple to do to help someone
- God assured him that he was not alone, 7,000 others had not worshipped Baal
- God gave him Elisha as a young friend and apprentice

3. EDUCATE YOUR MIND, PSALM 43:1-5

- **Learn and believe the biblical message**
 - **God is with you even when you cannot feel Him: “I am with you always, even to the end of the age” (Matt 28:20).**
 - **You are of great value to God and He loves you: “I have loved you with an everlasting love; I have drawn you with unfailing kindness” (Jeremiah 31:3).**
 - **Every day brings new hope: “His mercies never end, they are new every morning” (Lam. 3:22-23)**
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HOW TO MOVE FORWARD IN AN EMOTIONAL SLUMP

- The soulish or natural person in us (mind, emotion, will) focuses on what we can sense and touch in this world. In depression we are emotionally numb.
 - The spiritual in us (where we commune with God) is based on spiritual rebirth and divine truth.
 - The spiritual person in us must calm and comfort and the natural person in us.
 - Focus on truth and Spirit, not feelings and atmosphere.
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FROM PILGRIM'S PROGRESS: CHRISTIAN LOST HIS BURDEN AT THE WICKET GATE

Must here the Burden fall from off my
back?

Must here the string that bound it to me
crack?

Blest Cross! Blest sepulcher! Blest
rather be

The Man that there was put to Shame
for me.