

Dealing With Depression Psalm 42

Introduction:

As the deer pants for the water brooks, so my soul pants for you, O God. My soul thirsts for God, for the living God. When shall I come and appear before God? Psalm 42:1-2 (NKJV)

My tears have been my food day and night, while they continually say to me, "Where is your God?" (V.3)

WHAT DOES THE PSALMIST DO?

1. He _____ To God In The Midst of His Depression.

Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him for the help of His countenance. (V.5)

Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, the help of my countenance and my God. (V.11).

2. He _____ to Himself And God How He Feels.

Why are you cast down, O my soul? And why are you disquieted within me? (V.5)

My tears have been my food day and night (V.3)

"I will say to God my Rock, why have You forgotten me? Why do I go mourning because of the oppression of the enemy?" (V.9)

3. He _____ To Himself.

Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him... (V.5)

Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him... (V.11)

4. He _____ God's Faithfulness To Him in the Past.

"When I remember these things, I pour out my soul within me. For I used to go with the multitude, I went with them to the house of God, with the voice of joy and praise, with a multitude that kept a pilgrim feast." (V.4)

CLOSING: