

Looking Up When You're Down

Psalms 42-43

Depression's Description

Depression is like d_____.

Psalm 42:1-4

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

²My soul thirsts for God, for the living God.

When can I go and meet with God?

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

⁴These 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.

Depression is like d_____.

Psalm 42:6-10

My soul is downcast within me;
therefore I will remember you
from the land of the Jordan,
the heights of Hermon—from Mount Mizar.

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

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

⁹I say to God my Rock,
“Why have you forgotten me?
Why must I go about mourning,
oppressed by the enemy?”

¹⁰My bones suffer mortal agony
as my foes taunt me,
saying to me all day long,
“Where is your God?”

Depression is like d

Psalm 43:1-4

Vindicate me, my God,
and plead my cause
against an unfaithful nation.

Rescue me from those who are
deceitful and wicked.

²You 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.

⁴Then 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.

Depression's Deliverance

He asks God "Why?"

Three times he asks *himself* "Why?"

Psalm 42:5; Psalm 42:11; Psalm 43:5

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.

Romans 15:13, "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."
