

**I. Introduction: These psalms were written to help us combat spiritual depression. The psalmist is heartbroken, but he shows how God enabled him to break free from despair.**

A. Many people in our world deal with depression daily. The psalmist gives his own testimony of how God delivered him from his hopelessness and restored his joy.

**II. Spiritual Depression (Psalm 42-43).**

A. The Causes of Spiritual Depression.

1. Absence from God (**Psa 42:1-2**).
2. Mockery of Unbelievers (**Psa 42:3, 10**).
3. Longing for Yesterday (**Psa 42:4**).
4. Overwhelmed by Circumstances (**Psa 42:6-7**).
5. Feelings of Abandonment (**Psa 42:9**).
6. Attacks from Enemies (**Psa 43:1**).

B. The Cures for Spiritual Depression.

1. Hope in God! (**Psa 42:5, 11; 43:5**)
2. Preach to Yourself! (**Psa 42:5, 11; 43:5**)
3. Pray to God! (**Psa 42:8; 43:1**)
4. Sing to God! (**Psa 42:8; 43:4**)
5. Ask for Illumination! (**Psa 43:3**)

**III. Conclusion: These psalms give us the causes and the cures for spiritual depression, so that we can live blessed lives. God wants His children to be blessed by hoping in Him.**

## Questions About: Spiritual Depression

1. Have you ever been depressed? What caused you to be depressed? What does God say about depression in the Bible? What makes God qualified to diagnose depression?
2. What was the first cause of the psalmist's misery? (**vv. 1-2**) Do you sense your need for God? What is a second reason for his despair? (**vv. 3, 10**) Have enemies ever mocked you?
3. What is another reason for the author's pain? (**v. 4**) How can memories be both good and bad? What is a fourth reason for depression? (**vv. 6-7**) Have you ever felt like this before?
4. What does the author say is a fifth reason for depression? (**v. 9**) Have you ever felt like God abandoned you? What is the last reason for the author's despair? (**Psa 43:1**)
5. What is the cure for depression? What false cures does the world prescribe? What does the Great Physician say is the first cure? (**Psa 42:5, 11; 43:5**) Why is it repeated three times?
6. What does it mean to "hope in God"? (**Psa 42:5, 11; 43:5**) What are we tempted to put our hope in? What is a second remedy? (**Psa 42:5, 11; 43:5**) Why should we preach to ourselves?
7. What is another cure for depression in these psalms? (**Psa 42:8; 43:1**) What is a fourth remedy? (**Psa 42:8; 43:4**) Who else used music as a cure? (**Acts 16:25-26; 1 Sam 16:23**)
8. What is the last cure that the author offers? (**Psa 43:3**) How does God's truth guide him to joy? How does it affect his countenance? Do you believe God can cure your depression?

### Prayer

1. Will you ask God to show you the things that are causing depression in your life?
2. Will you ask Him to reveal to you which of these truths might help cure your despair?