

Memory Verse

Psalm 42:11

Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

GRACELIFE



CHURCH



Selections from the Psalms

Part 9

Psalm 42

Defeating Depression

Psalm 42 is a public lament, connected to *Psalm 43*. *Psalm 42* was written by the Sons of Korah. Korah was a descendant of Levi, the *Priestly tribe* of Israel from the family of Kohath (*Ex. 6:21, Num. 16:1*). The Sons of Korah were Priests. This helps with interpretation. *God put every word in His book for a reason.*

Psalm 42:1-11

To the choirmaster. A Maskil of the Sons of Korah. 1As a deer pants for flowing streams, so pants my soul for you, O God. 2My soul thirsts for God, for the living God. When shall I come and appear before God? 3My tears have been my food day and night, while they say to me all the day long, "Where is your God?" 4These things I

remember, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival. 5 Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation 6 and my God. My soul is cast down within me; therefore I

remember you from the land of Jordan and of Hermon, from Mount Mizar. 7 Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me. 8 By day the LORD commands his steadfast love, and at night his song is with me, a prayer to the God of my life. 9 I say to God, my rock: "Why have you forgotten me? Why do I go mourning because of the

oppression of the enemy?” 10As with a deadly wound in my bones, my adversaries taunt me, while they say to me all the day long, “Where is your God?” 11Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

A. Psalm 33:1-2 – My Soul Desires God

Verse 1 describes a desire to know God. The imagery is a **deer**, thirsty for flowing streams of fresh water. The deer image was used commonly in the ancient world. Here it is a poetic picture for *one's thirst for the deliverance, and refreshment only from God and His presence*. In parallel form, *verse 2 echoes this same*

A. *Psalm 33:1-2* – My Soul Desires God

There were different forms like contrastive, comparative and more. The Hebrews used this style of writing to emphasize something by repetition or contrast. The end of *verse 1* and beginning of *verse 2* refer to the same thing in a different way.

A. *Psalm 33:1-2* – My Soul Desires God

Jewish priests were *designed* by and *dedicated* to God to offer sacrifices and conduct worship in the Tabernacle and Temple for Israel. It seems enemies hindered them from being with the Lord in His structure.

A. *Psalm 33:1-2* – My Soul Desires God

This was *written under the Law* and the Tabernacle or Temple was *key to fulfilling that Law* with the sacrifices. Without the sacrifices, people still *could have a relationship with the Lord*. But there would be *something lacking* for Jewish Priests, who longed to be in *God's visible presence* in the Tabernacle or Temple.

B. Psalm 33:3-4 – I Remember Joy

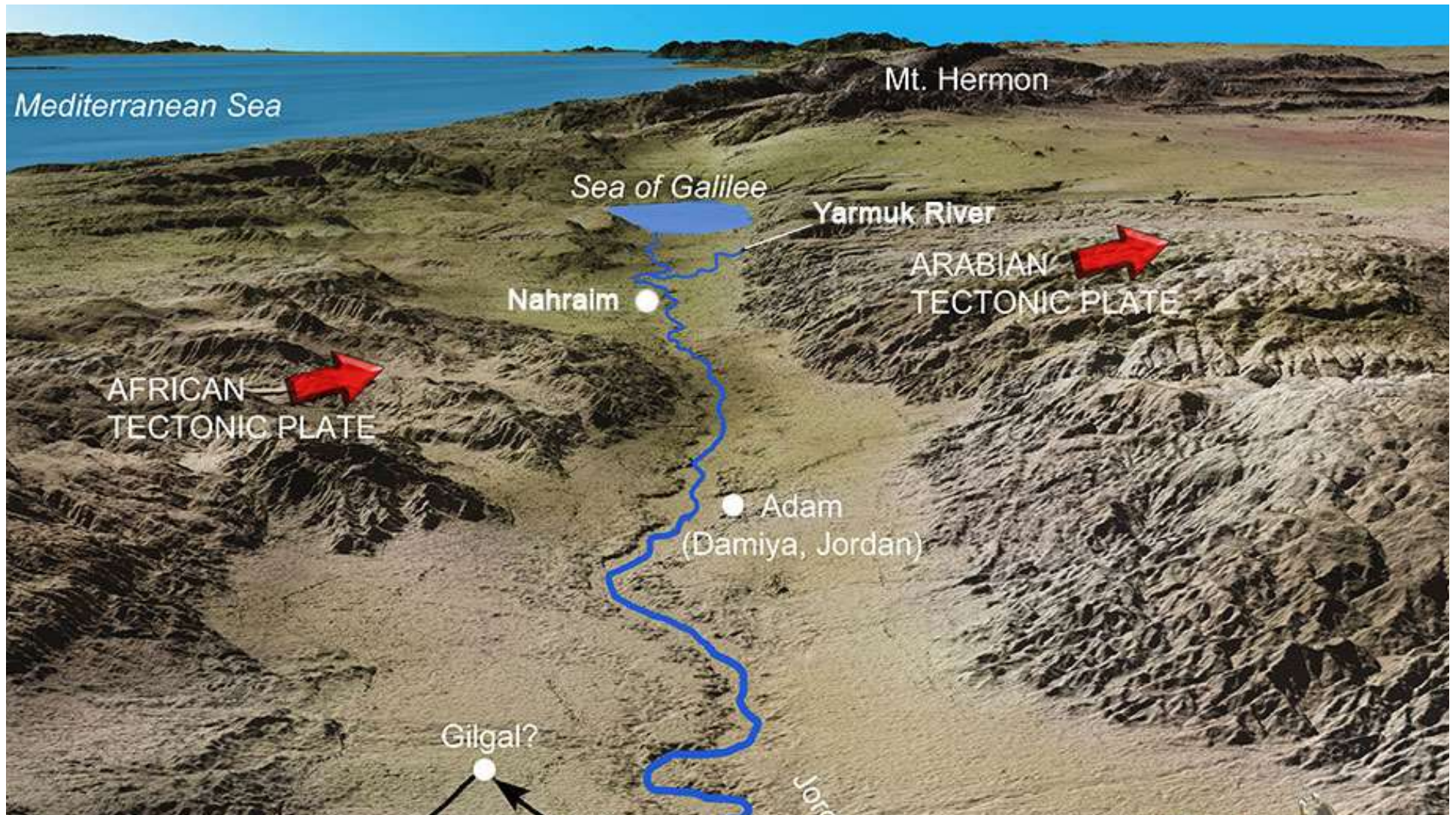
The Psalmist may not be able to eat due to *distress or circumstances*, but uses hyperbole in *verse 3. His tears have been his food day and night.* This is an *emotional state*, and not a *physical truth*. He is **so distressed**, his only sustenance, while apart from God and His presence, were *his tears*.

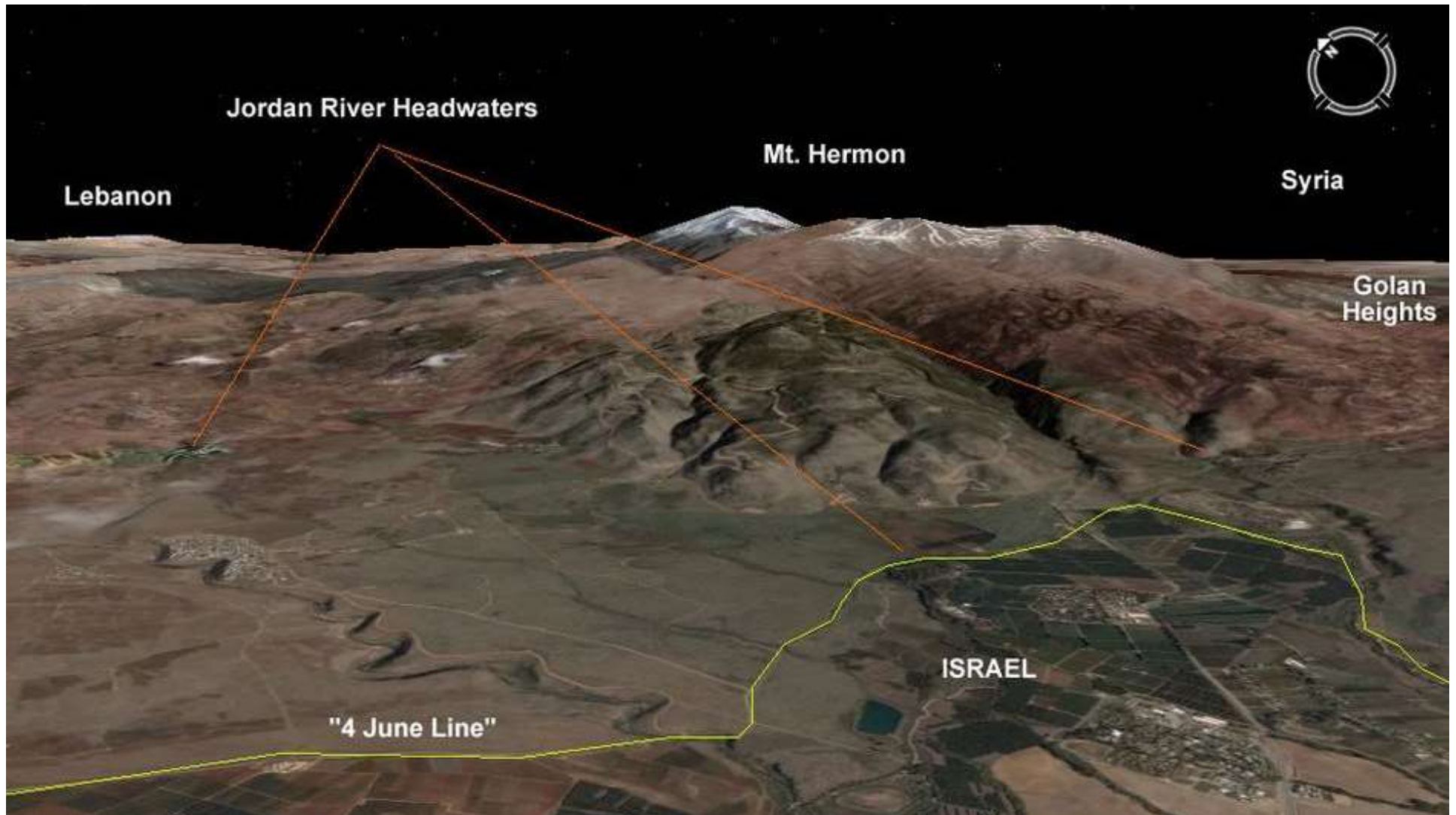
B. *Psalm 33:3-4* – I Remember Joy

The writer remembers leading people in a *procession to the house of God*, with *shouts of praise and songs for the festivals*, or feasts of Israel. There are 7 Feasts of Israel. Some feasts include *great celebration*: singing, feasting, dancing and praising God for His faithfulness. *Some festivals lasted (and last) multiple days.*

C. *Psalm 33:5-6* – Cast Down

The *Psalmist* talks to himself, and asks why his soul is "*cast down*." The Hebrew is, "*why are you bowed down*." The image is someone who is defeated and in despair. He mentions this again in *verse 6*, where his *soul is cast down within him*. The *Psalmist* tries to encourage himself to *hope in the Lord*.





D. *Psalm 33:7-10* – Hope in God

The "*deep*" in Hebrew referred usually to the deepest part of the seas, where it was cold and dark. The word here can refer to *streams that flowed down from Mt. Hermon through the Jordan valley*. The imagery is *these deep places or streams call to each other*.

D. *Psalm 33:7-10* – Hope in God

The waters *call out to one another* at the *sound of the waterfalls*. The breakers and waves went over him. He is *engulfed in these deep, dark, cold waters*. This is his emotional state. The NASB says these *have rolled over him*.

D. *Psalm 33:7-10* – Hope in God

Despite *these heartaches*, he still has faith. Verse 8 gives some confidence the Lord will rescue him. This is the first time in the Psalm where God's personal Name is used. The other times "God" is used, but now, "LORD," or His covenant keeping or steadfast love is mentioned.

D. *Psalm 33:7-10* – Hope in God

We have *day and night* included. During the **day**, God's love is there, and during the **night** His song is with him. Then he *refers to a prayer* (a few manuscripts say *praise*) *to the God of his life*.

D. *Psalm 33:7-10* – Hope in God

Verse 9 shows the Psalmists determination to *say* or to *pray* to God. Some translations have God as "*my rock*." This Hebrew word used here refers to a *rocky surface*, most often a *cliff or crag*. I think this *imagery is at this point*, God seems like a cliff he cannot climb, or is *in an unreachable place*.

D. *Psalm 33:7-10* – Hope in God

Then God is asked 2 questions:

1. Why have You forgotten me?
2. Why do I mourn because of the oppression of my enemies?

Because God is not accessible, there is no protection from their enemies.

D. Psalm 33:7-10 – Hope in God

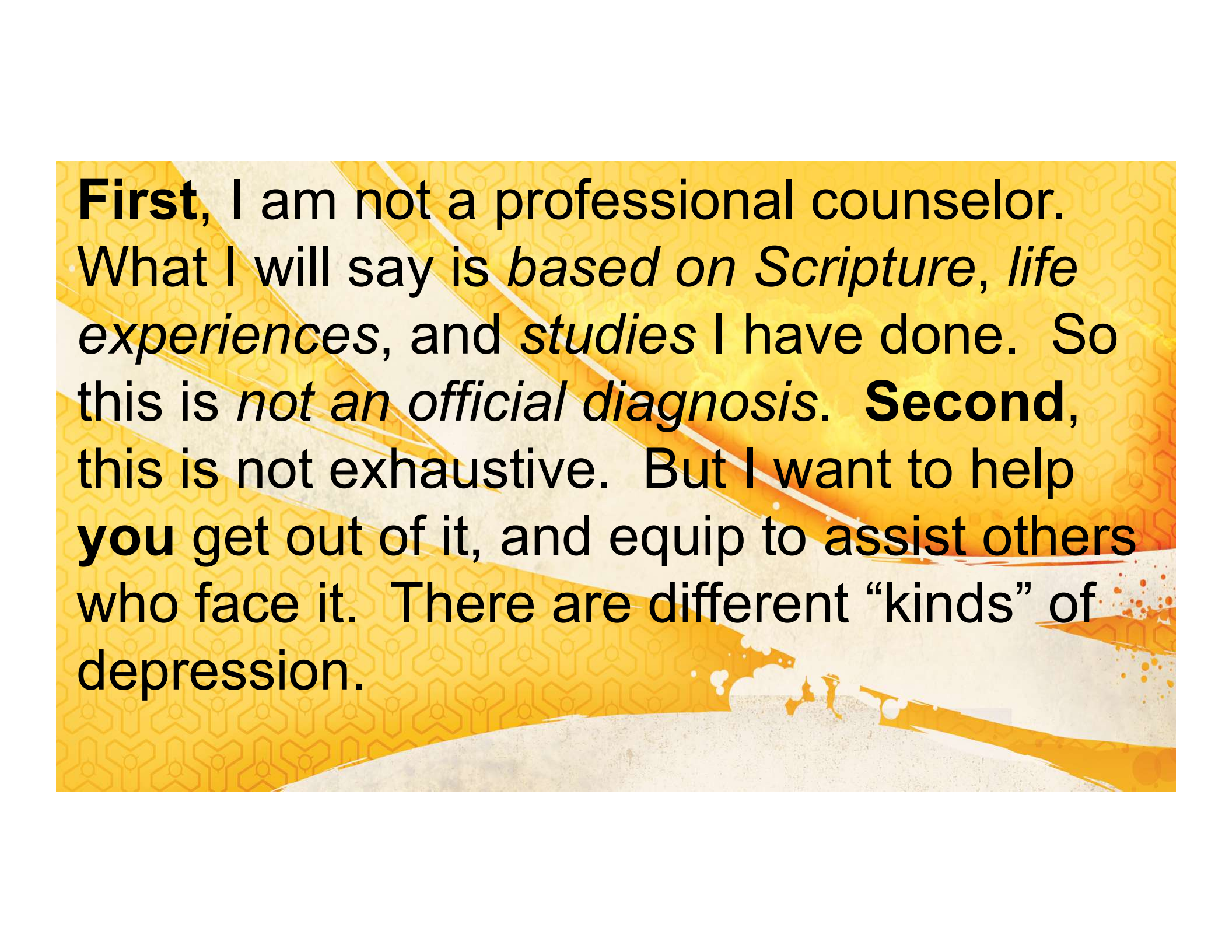
Verse 10 continues this thought and uses the image of *bones shattering* and the question - *Where is your God?* *Verse 11* parallels *verse 5*. The Psalmist **asks again** why his *soul is cast down* and he tries to encourage himself in the Lord.

Please take a minute to fill out your

NEXT STEPS

At [GraceLife Church](#), our mission is drawing people into a growing relationship with Jesus Christ!

TODAY'S MESSAGE CHALLENGE IS:

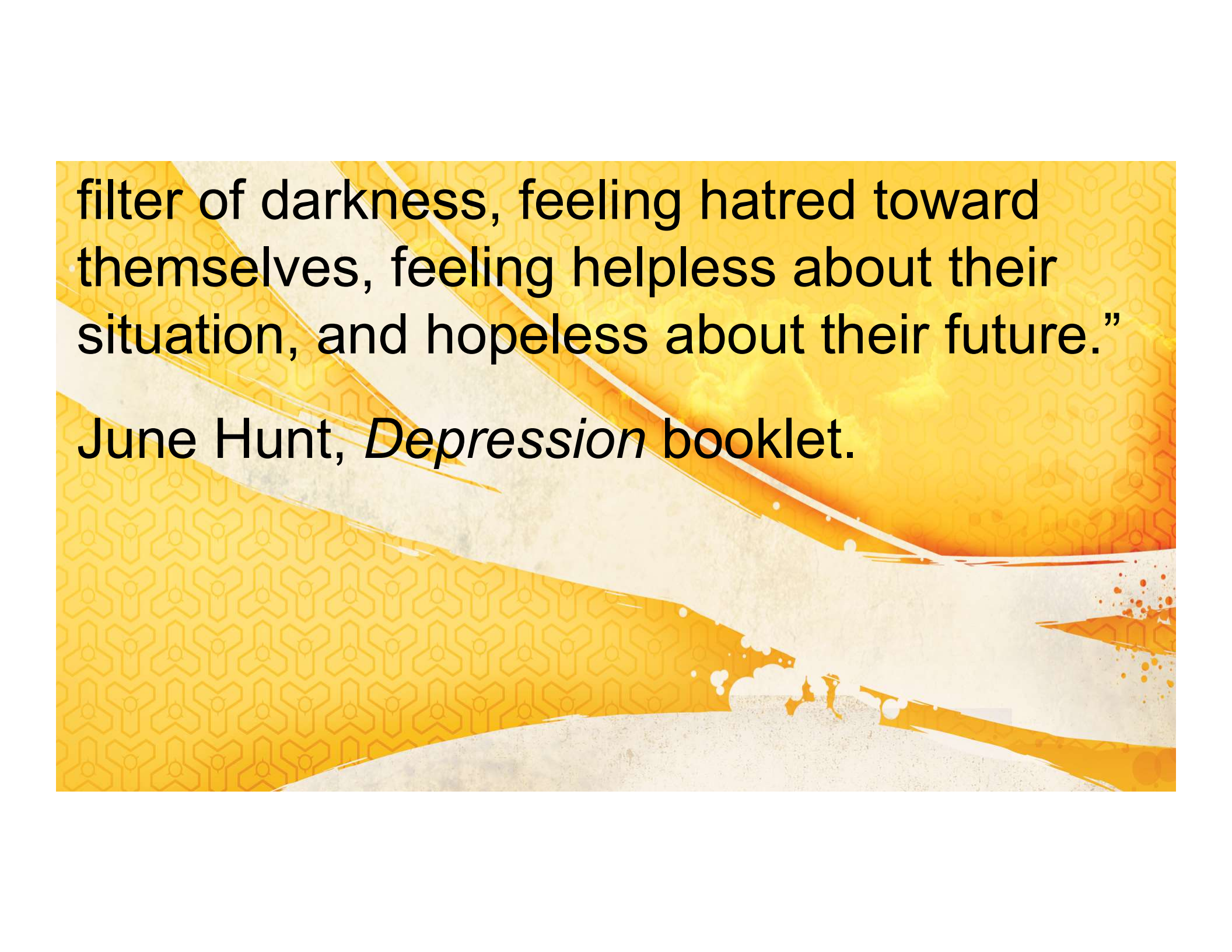


First, I am not a professional counselor. What I will say is *based on Scripture, life experiences, and studies* I have done. So this is *not an official diagnosis*. **Second**, this is not exhaustive. But I want to help **you** get out of it, and equip to assist others who face it. There are different “kinds” of depression.

The *Merriam-Webster Dictionary* defines depression as: **1.** The state of feeling sad. **2.** A mood disorder marked especially by sadness, inactivity, difficulty in thinking and concentration, a significant increase or decrease in appetite and time spent sleeping, feelings of dejection and hopelessness, and sometimes suicidal tendencies.

Depression can lead to *panic attacks, rage, self-inflicted wounds, alcohol and drug addiction, excessive sleeping, pornography, murder or suicide*. Think of **Elijah**. He was exhausted, depressed, wanted to die and more. He is a *classic case in Scripture*. Some well-known Christians in history have suffered with this, like Martin Luther and Charles Spurgeon.

“Those who struggle in the darkness of depression have difficulty seeing the good in their circumstances and in themselves. They look at life through a "day for night" filter. The photographer who uses a day for night filter can take a picture during the daytime, but the final photograph will appear to be a night scene. Those who battle depression often



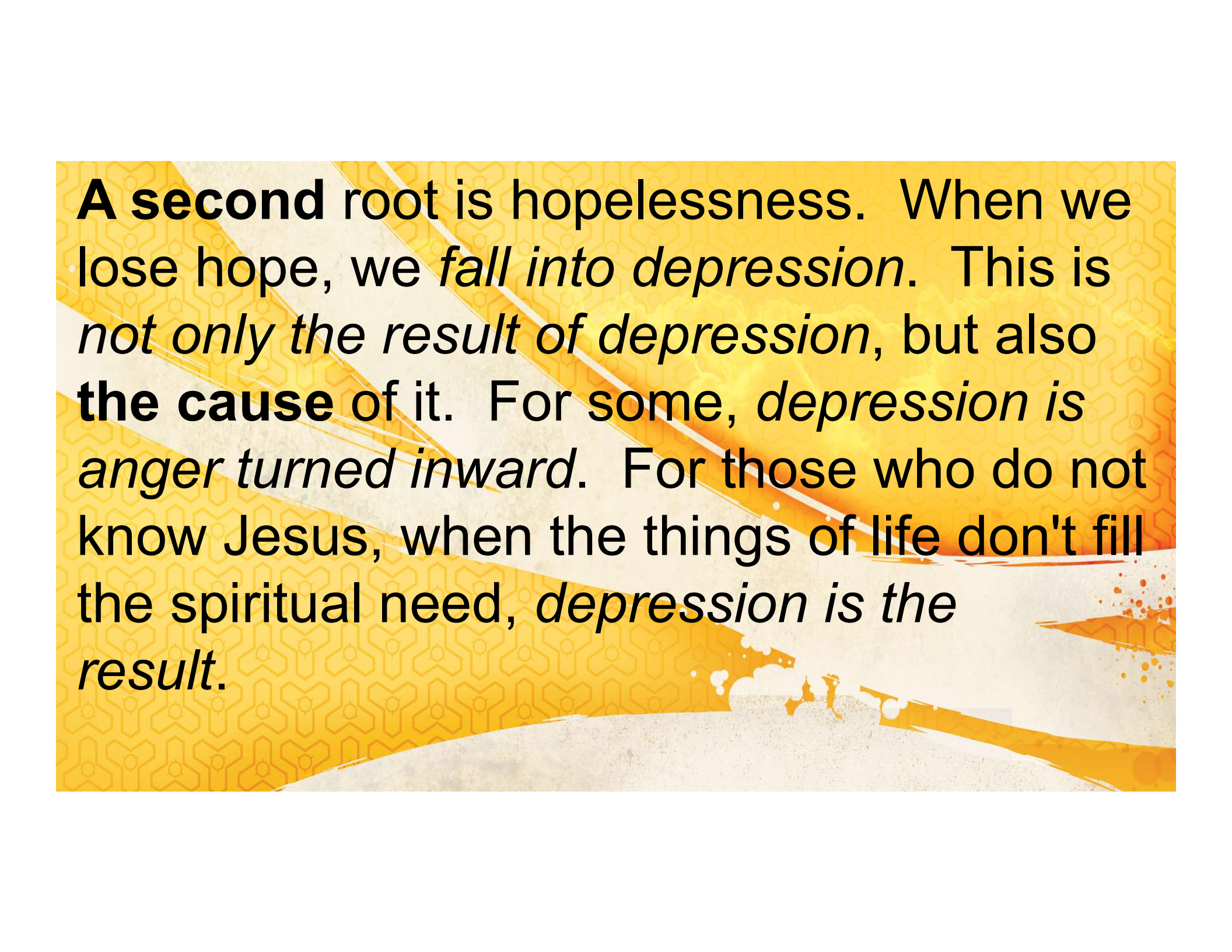
filter of darkness, feeling hatred toward themselves, feeling helpless about their situation, and hopeless about their future.”

June Hunt, *Depression* booklet.

Roots of Depression

First, sin can be one root. Anger, impatience, selfishness, things not going our way, and more can be at the root of depression. There is a *spiritual element* we **must remember** too. Rebellion against God, lack of forgiveness, and more are *part of this sin root*. There is a **spiritual element** we must remember too.

A second root is hopelessness. When we lose hope, we *fall into depression*. This is *not only the result of depression*, but also **the cause** of a lot of it. For me, *my depression was my anger turned inward*. For those who do not know Jesus, when the things of life don't fill the spiritual need, *depression is the result*.



A second root is hopelessness. When we lose hope, we *fall into depression*. This is *not only the result of depression*, but also **the cause** of it. For some, *depression is anger turned inward*. For those who do not know Jesus, when the things of life don't fill the spiritual need, *depression is the result*.

The third root cause is *deep emotional hurt*. An *abusive relationship*, from a parent, spouse, boy/girlfriend, etc. can destroy your life, *externally*, and *internally*. When that **pain** is not addressed and dealt with Biblically, those emotions can lead to depression. Fear is *included* too.

Last, another *root and result* of depression is physical. Some say it is only physical and others say there are no physical things involved, if you have a **real chemical imbalance**, lack of certain minerals, a hormonal issue, or other physical problems, the *result can be depression*. There is also *exhaustion, lack of a good diet, lack of exercise*.

Downward Spiral into Depression

1. *Disappointment* - we all face this in life. Life, people, the Lord, satan, and our expectations, understanding, skill, knowledge and decisions come into play. Life is **full of disappointments**. *How we respond to them partially determines the next step.*

Downward Spiral into Depression

2. *Disbelief* and *Discouragement* – both can occur here. This is where you say, *this is not happening, or could not happen to me*. This leads to **discouragement**. It is more serious, where we may *think about the situation* a lot and maybe start blaming ourselves or others, not recognizing that we are not thinking clearly or objectively.

Downward Spiral into Depression

3. *Despair* - for some, *despair is another word for depression* and that can be true. I'm taking the discouragement, and saying there is *one more step down* into the darkness, where hopelessness sets in. This is where *negative self-talk* may become a factor.

Downward Spiral into Depression

4. *Defeat* - this is complete hopelessness. Because someone is hopeless, they are *defeated*, and think there is nothing they can do, so they turn to **substances**, to escape reality.

Downward Spiral into Depression

5. *Depression* - negative self-talk is constant: I can't do anything right. Why try? I hate myself. Nobody loves me. I don't see any way out. Who cares! – Someone may *sleep all day and night and still be exhausted*. There may be a blank look on their face. Some may eat excessively and others will not eat at all.

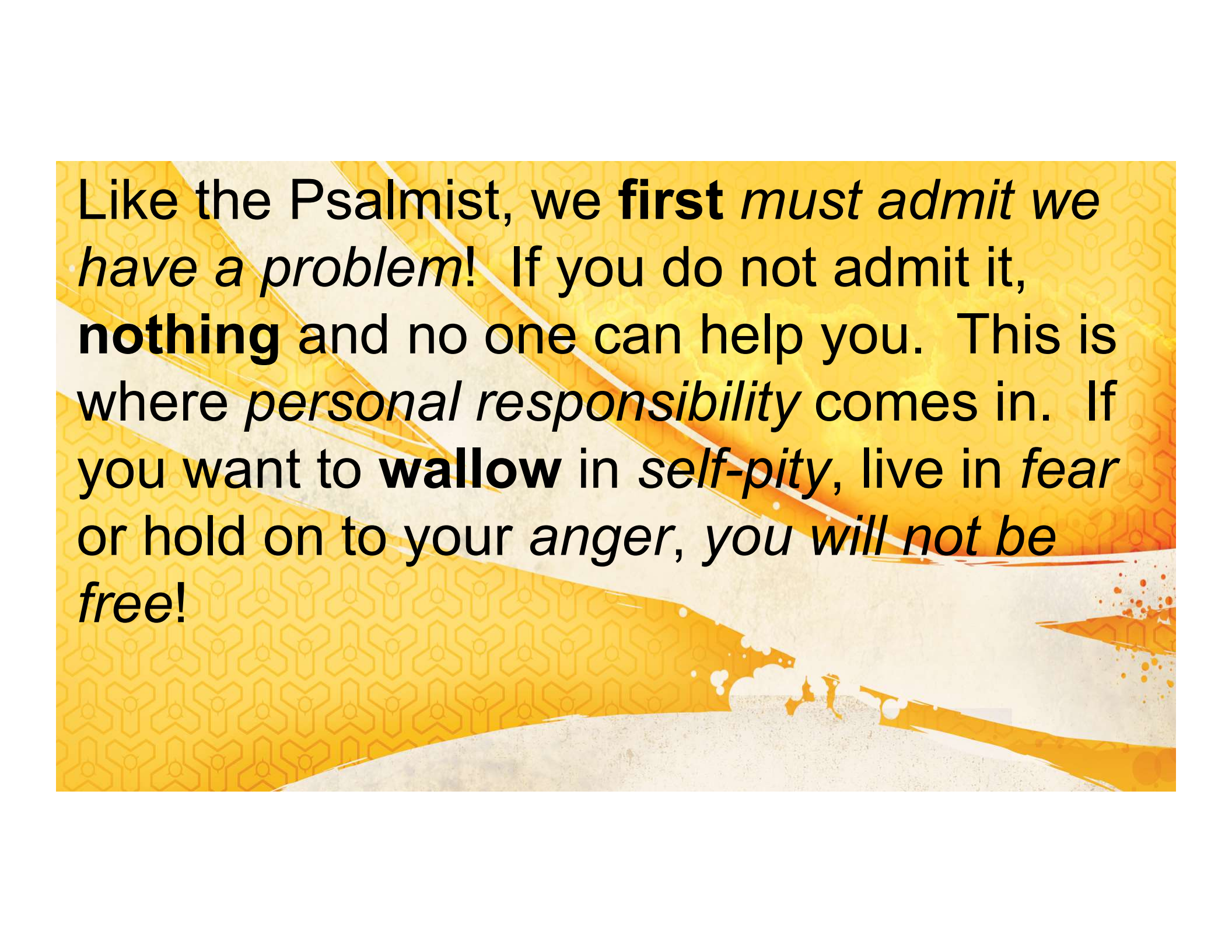
Downward Spiral into Depression

6. *Death* - this can be figurative for our emotions, spiritual life, hopes, goals and relationships. It can be literal. This is where *suicide occurs... or a mother kills her baby*. Perhaps a man who lost his job, murders his boss and coworkers.

Defeating Depression

You cannot overcome it alone. Spend time with the *Lord*, and *find a healthy church* and *get connected to other people*. Go to Scripture for verses that will *help you overcome these things*. Look at the context. God's word is powerful and He uses it, even if you don't know much.

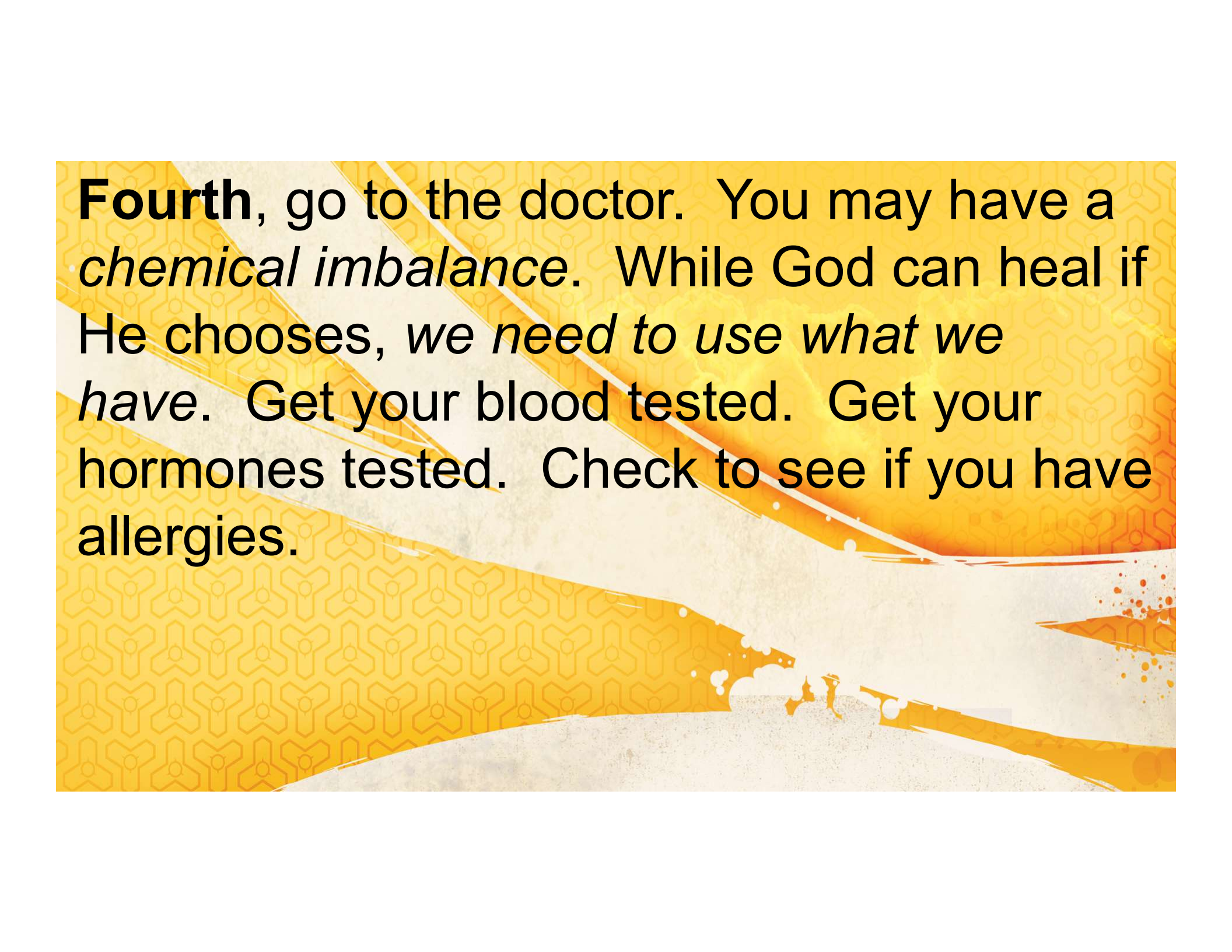
Memorize verses like *Psalm 145:8-9* – The LORD is gracious and merciful, slow to anger and abounding in steadfast love. The LORD is good to all, and his mercy is over all that he has made. - When *we get into God's word, our perspective changes.* Those who are **depressed**, often focus on *ourselves* and *our situation* **more** than on God.

The background features a vibrant yellow and orange color palette. The upper portion is filled with a repeating geometric pattern of interlocking hexagons and circles. A diagonal white line cuts across the scene. In the lower right, a silhouette of a person is walking away on a path that leads towards a bright, hazy horizon. The overall mood is one of hope and forward movement.

Like the Psalmist, we **first** *must admit we have a problem!* If you do not admit it, **nothing** and no one can help you. This is where *personal responsibility* comes in. If you want to **wallow** in *self-pity*, live in *fear* or hold on to your *anger*, you will not be *free!*

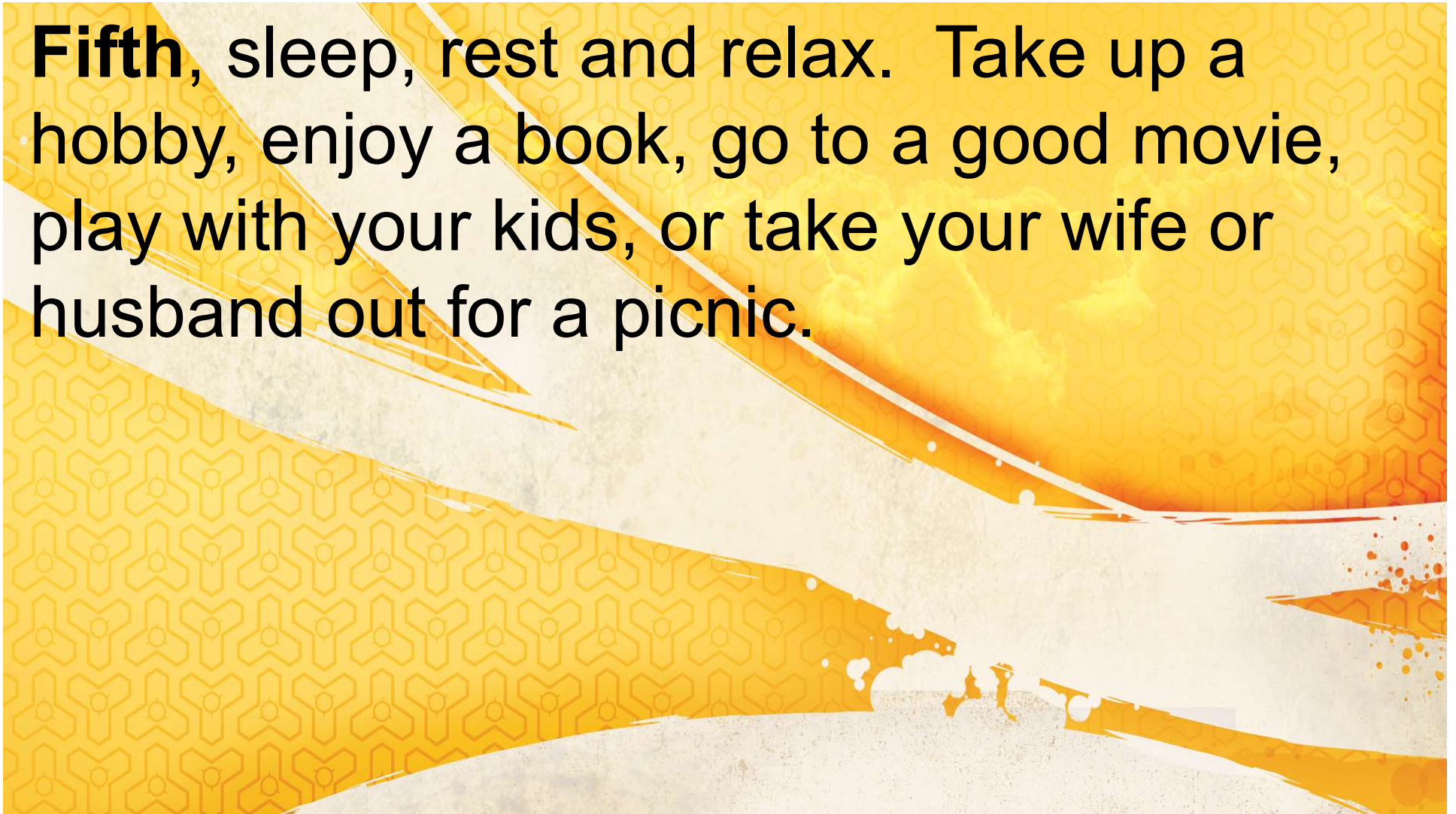
Second, get into Scripture. Pray, and ask God to help you discern the problem or problems. The depression, anger and more, are the *result of other factors*. Strengthen your relationship with the Lord. This requires *self-discipline*. You must ask: *Do I want to be free?* If so, you will make time.

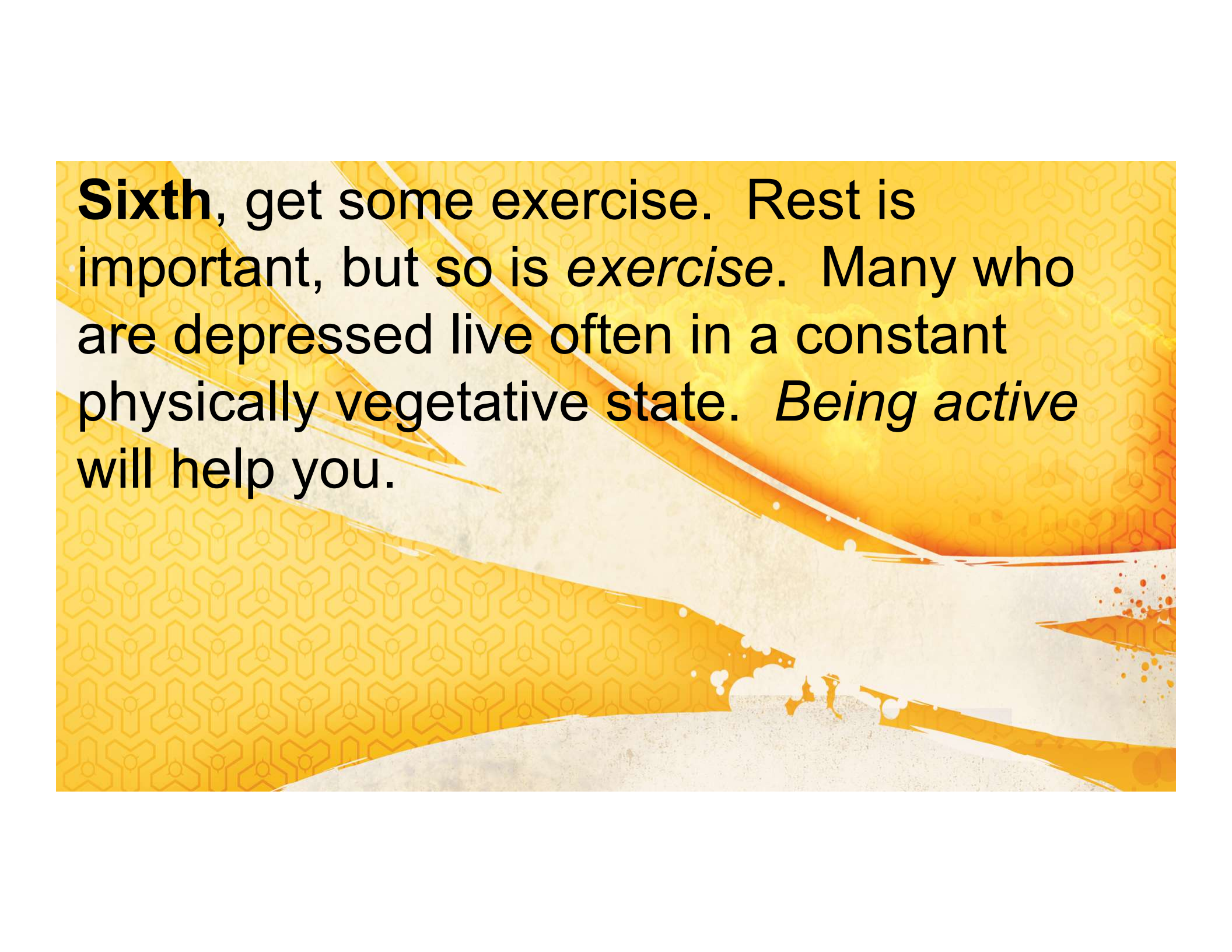
Third, *don't isolate yourself.* This is a tendency when we are depressed. We *want to be alone* when we are in the dark fog of depression. Reach out to others. Start with one person: a family member, trusted friend, Sunday school teacher, or pastor. Find a good church where you can find *fellowship, accountability and encouragement.*



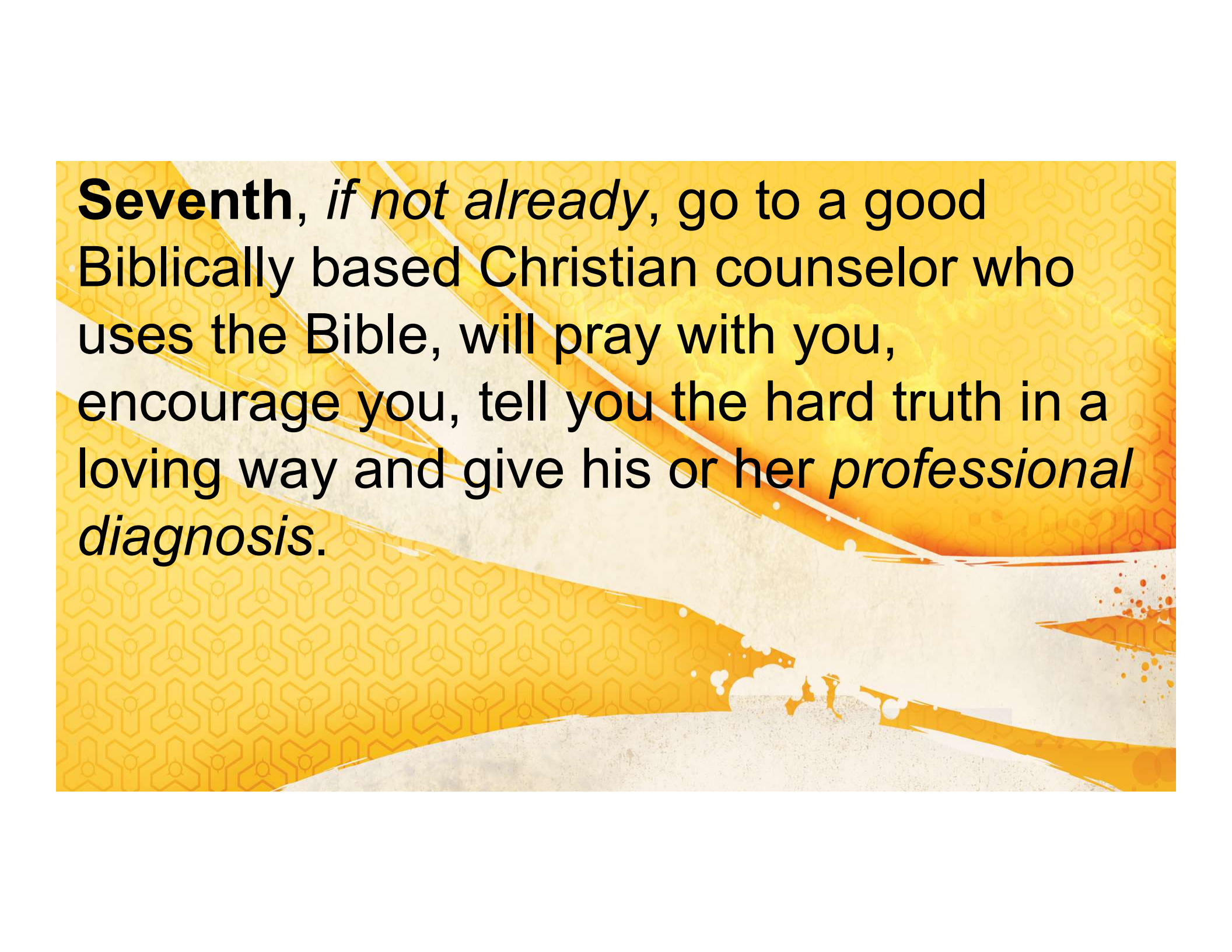
Fourth, go to the doctor. You may have a *chemical imbalance*. While God can heal if He chooses, *we need to use what we have*. Get your blood tested. Get your hormones tested. Check to see if you have allergies.

Fifth, sleep, rest and relax. Take up a hobby, enjoy a book, go to a good movie, play with your kids, or take your wife or husband out for a picnic.

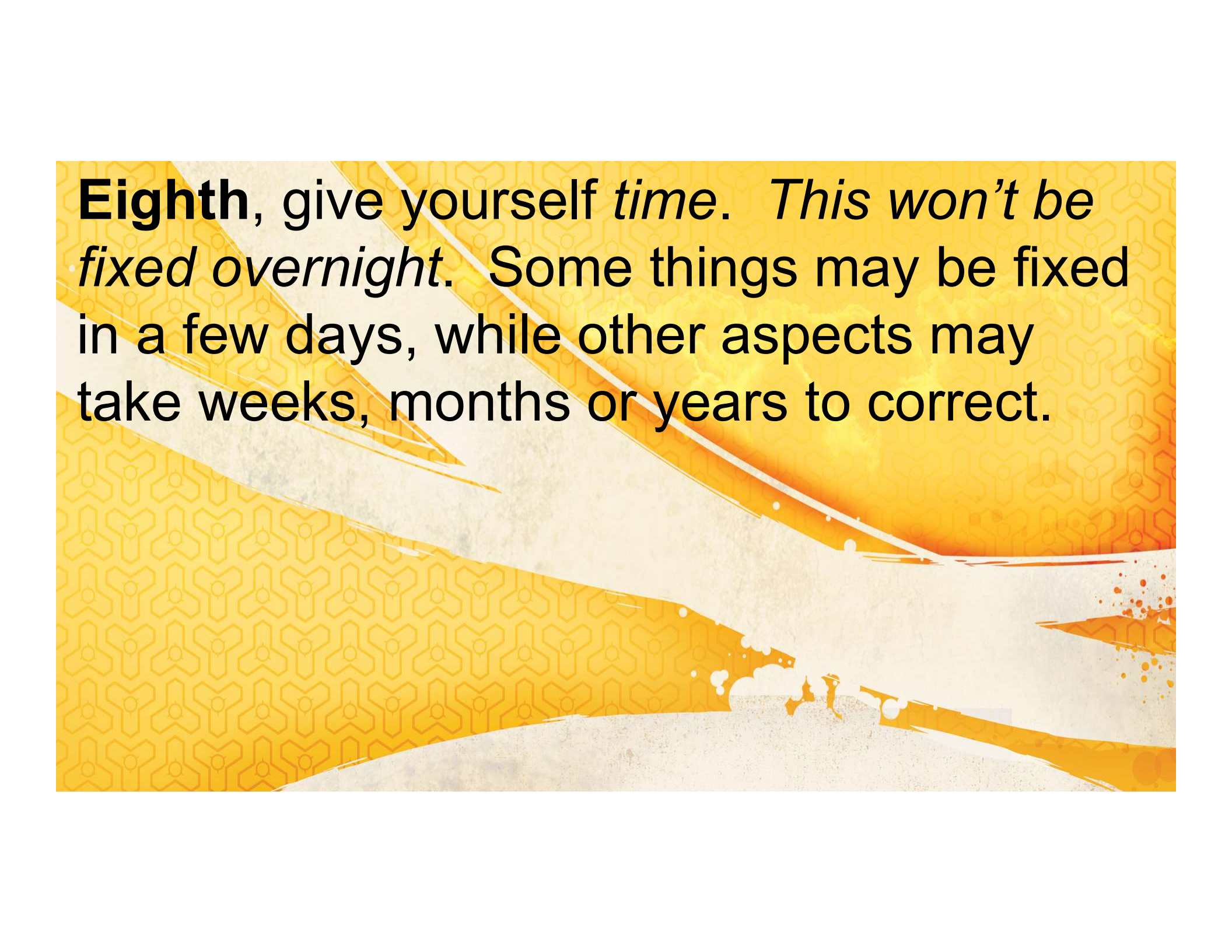




Sixth, get some exercise. Rest is important, but so is *exercise*. Many who are depressed live often in a constant physically vegetative state. *Being active* will help you.

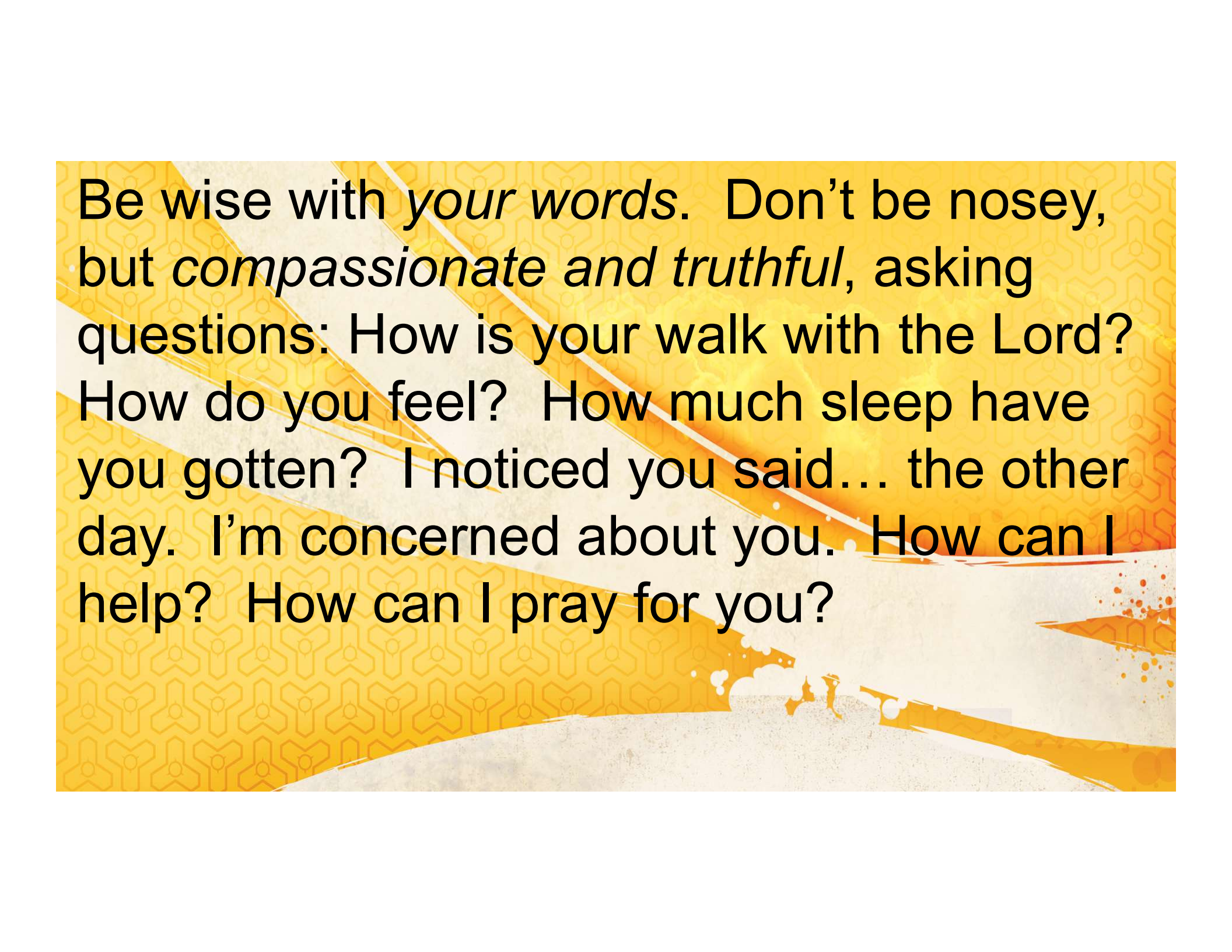
The background features a vibrant yellow and orange color palette. The upper portion is filled with a repeating geometric pattern of interconnected lines forming a grid-like structure. A white, curved path or road winds through the scene, leading from the bottom center towards a horizon line. The sky above the horizon is a gradient of yellow and orange, suggesting a sunrise or sunset. In the distance, a few small, dark silhouettes of figures or structures are visible on the horizon. The overall composition is dynamic and hopeful.

Seventh, *if not already*, go to a good Biblically based Christian counselor who uses the Bible, will pray with you, encourage you, tell you the hard truth in a loving way and give his or her *professional diagnosis*.



Eighth, give yourself *time*. *This won't be fixed overnight*. Some things may be fixed in a few days, while other aspects may take weeks, months or years to correct.

If you *know someone struggling* with depression, **pray** for them, **be there** for them, and **with** them. Even if you *have gone through something similar, don't tell them you know how they feel*. Look for **warning signs**: ignoring texts or calls for lengthy periods of time, outbursts of anger, or thinking *the person you knew, is not the same person now*. *Listen* to what he or she is saying.



Be wise with *your words*. Don't be nosey, but *compassionate and truthful*, asking questions: How is your walk with the Lord? How do you feel? How much sleep have you gotten? I noticed you said... the other day. I'm concerned about you. How can I help? How can I pray for you?

Prayer

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” Philippians 4:6

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