

## SERMON NOTES:

### *Disarming Depression: Psalm 42*

#### I. A Look At Depression:

A. Depression defined: A mood reported as being sad, hopeless, discouraged, or 'down-in-the'dumps'.

B. The Psalmist Account Of Depression: Psalm 42:1-4

1. Verses 1-2: The Psalmist recounts a time of deep spiritual \_\_\_\_\_, that seems to go unsatisfied.

2. Verse 3: The Psalmist battles with sorrow, and the nagging question - \_\_\_\_\_ your God?

3. Verse 4: The Psalmist laments the loss of \_\_\_\_\_ in his life.

#### II. Disarming Depression:

A. \_\_\_\_\_ the storm (your depression):

1. Verse 5a: "Why are you cast down O my soul?..."

2. The Psalmist does not \_\_\_\_\_ everything is alright.

3. We need to be honest with \_\_\_\_\_ about how we feel: Verses 9-10

4. We need to ask God for \_\_\_\_\_ and \_\_\_\_\_ on why we are depressed: James 1:5

B. Cast Out The \_\_\_\_\_ of \_\_\_\_\_:

1. Verse 5b: The Psalmist \_\_\_\_\_ the blessing of God upon His people: Numbers 6:23-27

2. The Psalmist comforts himself with the promise of God's \_\_\_\_\_:

3. \_\_\_\_\_ is an anchor for our souls! Hebrews 6:19

C. Take harbor in the \_\_\_\_\_ and the \_\_\_\_\_ of God:

1. Verse 6: "O my God, my soul is cast down within me. **Therefore I will** \_\_\_\_\_ **You** from the land of the Jordan, and from the heights of Hermon, from the Hill Mizar."

2. The Psalmist recounts the place of God's **presence** and **blessing** - \_\_\_\_\_: Psalms 133:3; Isaiah 30:18-26

3. God promises to be with us through all the \_\_\_\_\_ of our lives!

a) Verse 7: During the \_\_\_\_\_ of life.

b) Verse 8a: During the daytime, times of \_\_\_\_\_ and \_\_\_\_\_

c) Verse 9b: During the nighttime, times of \_\_\_\_\_ and \_\_\_\_\_ - His song will be with us!

4. He is the God of my \_\_\_\_\_!

a) Psalm 139:7-12: God is always present in our lives.

b) Mark 4:39: He is able to calm all the storms of our lives.

c) Hebrews 13:5-6: "...For He Himself has said, I will never leave you nor forsake you." So we may boldly say: The Lord is my helper; I will not fear, what can man (*or circumstances*) do to me."

#### III. CONCLUSION:

"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.**"  
Psalm 42:11