

HOPE IN GOD: PREACHING THE GOSPEL TO A DOWNCAST SOUL

PSALM 42

5 CAUSES OF SPIRITUAL DEPRESSION:

1. _____ from the _____ of God. (v.1-2, 4) *Hebrews 10:24-25*
2. The _____ of unbelievers. (v.3, 10) *Psalms 22:6-8; 1 Peter 4:12-14*
3. Remembering _____ days. (v.4) *Lam. 3:19-24; Philippians 3:13-14*
4. The _____ of life that can be _____. (v.7) *Psalms 69:1-3; 2 Cor. 4:7-10*
5. When God doesn't act _____ as we think He _____. (v.9) *Ps. 13:1-2; 2 Peter 3:8-9*

HOW TO FIGHT AGAINST SPIRITUAL DEPRESSION:

1. _____ through it (honest lament and talking to yourself).
 - Ask the hard questions of your own soul.
 - Bring your raw complaints directly to God.
 - Refuse to suffer in silence.
2. Do what needs to be done (remember & pray).
 - Remember God's character and faithfulness. (v.6)
 - Rest in His steadfast love. (v.8)
 - Keep praying even when you don't feel like it.
3. Remember the _____ we have in God.
 - Command your soul: "Hope in God."
 - You will get through this: "I shall again praise Him, my salvation and my God."
 - Look upward to the face of God—that is where our salvation is found.

TAKEAWAYS:

- Spiritual depression is _____, even for godly people.
- Bring it _____ to God.
- Remember that Jesus is our _____.

HOPE IN GOD: PREACHING THE GOSPEL TO A DOWNCAST SOUL

PSALM 42

5 CAUSES OF SPIRITUAL DEPRESSION:

1. **ABSENCE** from the **WORSHIP** of God. (v.1-2, 4) *Hebrews 10:24-25*
2. The **TAUNTS** of unbelievers. (v.3, 10) *Psalms 22:6-8; 1 Peter 4:12-14*
3. Remembering **BETTER** days. (v.4) *Lam. 3:19-24; Philippians 3:13-14*
4. The **TRIALS** of life that can be **OVERWHELMING**. (v.7) *Psalms 69:1-3; 2 Cor. 4:7-10*
5. When God doesn't act **AS QUICKLY** as we think He **SHOULD**. (v.9) *Ps. 13:1-2; 2 Peter 3:8-9*

HOW TO FIGHT AGAINST SPIRITUAL DEPRESSION:

1. **WRESTLE** through it (honest lament and talking to yourself).
 - Ask the hard questions of your own soul.
 - Bring your raw complaints directly to God.
 - Refuse to suffer in silence.
2. **Do what needs to be done (remember & pray).**
 - Remember God's character and faithfulness. (v.6)
 - Rest in His steadfast love. (v.8)
 - Keep praying even when you don't feel like it.
3. **Remember the GREAT HOPE we have in God.**
 - Command your soul: "Hope in God."
 - You will get through this: "I shall again praise Him, my salvation and my God."
 - Look upward to the face of God—that is where our salvation is found.

TAKEAWAYS:

- Spiritual depression is **COMMON**, even for godly people.
- Bring it **HONESTLY** to God.
- Remember that Jesus is our **ONLY HOPE**.