SERMON NOTES
Series: The Psalms of Our Lives
Title: Delivered from Despair (Part 1)
Text: Psalm 42 & 43
Topic: Overcoming Depression
Teacher: Pastor Barry
Time: 11/8/26
File Under: Expository



Psalms 42 & 43 may have originally been one psalm. The unknown Psalmist was depressed.

For the believer there is practical help in this psalmist's experience in dealing with depression. The first has to do with…

THE DESIRE OF THE PSALMIST: (1-4)

The Psalmist's basic desire was to have spiritual intimacy with God, and fellowship and worship with God's family.

THE DESPAIR OF THE PSALMIST: (3, 5, 7, 9-11)

Often depression is the result of focusing too much on ourselves. The psalmist is upset because his plans were not fulfilled.

In these sixteen verses the psalmist asks 13 "me focused" questions. There are 51 personal pronouns, but "Lord" only appears once.

Tears often reflect the depression and the discouragement we feel. (3)

The important thing about depression is not just *that* you get out of it, but *what* you get out of it.

Many of God's greatest leaders have fought with depression but God was able to use that depression.

"For more than a week I was close to the gates of death and hell. I trembled in all of my members. Christ was wholly lost. I was shaken by desperation and by blasphemy of God." - Martin Luther

"The furnace still glows around me. Since I last preached to you I have been brought very low. My flesh has been tortured with pain and my spirit has been prostrate with depression. With some difficulty I write these line in my bed, mingling them with the groans of pain and the songs of hope. I am as a potter's vessel when it is utterly broken, useless and laid aside. Nights of watching and days of weeping have been mine, but I hope the cloud is passing. There are dungeons beneath the castle of despair." - Charles Haddon Spurgeon

"My soul is exceedingly sorrowful, even unto death." - Jesus

Digging Deeper: From II Kings 14:11-14 we see hostages being taken captive from Judah. How might such a situation give birth to these psalms (42:1-3) Although the psalmist asks the same questions in 42:9 that his foes ask in 42:3 and 42:10, what is the difference in how these questions are put? What does the say about the dark side of faith and the sunny side of doubt?
For Further Reflection: What causes God to seem far away at times? Who moved, God or you? How might this psalm help you in a time when you wonder where God is?