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 ____ psalm. The unknown Psalmist was_____.

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

THE _____ OF THE PSALMIST: (1-4)

The Psalmist's basic desire was to have _____ with God, and _____ with God's family.

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

Often depression is the result of focusing too much on_____. The psalmist is upset because _____ were not fulfilled.

In these sixteen verses the psalmist asks ____ "me focused" questions. There are ___ personal pronouns, but _____ only appears once.

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

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

Many of God's greatest leaders have fought with _____ but God was able _____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?