



Psalm 42-43

Spiritual Depression

I. Introduction: These two psalms were written to help us combat spiritual depression, as the psalmist reveals how God enabled him to break free from his despair.

II. Spiritual Depression (Psalm 42-43).

A. The Causes of Depression.

1. Absence from God (**Psa 42:1-2, 6, 9**).
2. Attacks of Unbelievers (**Psa 42:3, 10**).
3. Anxiety about Yesterday (**Psa 42:4**).
4. Adversity in Circumstances (**Psa 42:6-7**).
5. Assaults by Adversaries (**Psa 43:1**).

B. The Cures for Depression.

1. Hope in God! (**Psa 42:5, 11; 43:5**)
2. Preach to Yourself! (**Psa 42:5, 11; 43:5**)
3. Pray to God! (**Psa 42:8; 43:1**)
4. Sing to God! (**Psa 42:8; 43:4**)
5. Seek for Illumination! (**Psa 43:3**)

III. Conclusion: These two psalms demonstrate the causes and the cures for spiritual depression so that God's children can live blessed lives.



Questions About: Spiritual Depression

1. Have you ever been depressed? What caused you to despair? What does the Bible say about the anguish of the soul? What makes God qualified to diagnose depression? (**Mark 2:17**)
2. What was the first cause of the psalmist's misery? (**Psa 42:1-2**) Do you sense your need of God? What is the second reason for his despair? (**Psa 42:3, 10**) Have enemies mocked you?
3. What is another reason for the author's pain? (**Psa 42:4**) How can memories be both good and evil? What is the fourth reason for depression? (**Psa 42:6-7**) Have you ever felt like this?
4. What does the author say is the fifth reason for depression? (**Psa 43:1**) Have you ever felt like God abandoned you? (**Psa 42:9**) What makes this particularly disturbing?
5. What is the cure for depression? What false cures does the world prescribe? What does the great Physician say is the first cure? (**Psa 42:5, 11; 43:5**) Why is it repeated three times?
6. What does it mean to "hope in God"? (**Psa 42:5, 11; 43:5**) What are we tempted to put our hope in? What is a second remedy? (**Ps 42:5, 11; 43:5**) Why should we preach to ourselves?
7. What is the third remedy? (**Psa 42:8; 43:1**) How is worship a cure for depression? (**Psa 42:8; 43:4**) Who else used music as a cure? (**Acts 16:25-26; 1 Sam 16:23**)
8. What is the last cure that the author offers? (**Psa 43:3**) How does God's truth guide him to joy? How does it affect his countenance? Do you believe God can cure your depression?

Prayer

1. Ask God to reveal to you the things that are causing depression in your life.
2. Pray that He might reveal to you which of these truths might help cure your despair.