



## Pastor David's Weekly Devotional

Martyn Lloyd-Jones (1899-1981), the renowned Welsh preacher at Westminster Chapel in London (from 1943-1968), wrote “Spiritual Depression: Its Causes and Cure” which became his most popular book. It is essentially an exposition of the “chorus” in Psalms 42 and 43: “*Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise Him, my salvation and my God.*” This “chorus” is repeated three times in these two Psalms (Ps.42:5-6, 11; 43:5). Lloyd-Jones wrote, “I suggest that the main trouble in this whole matter of spiritual depression in a sense is this, that we allow our self to talk to us instead of talking to our self” (p.20).

Sometimes it is good to talk to yourself (but not always). We need to talk ourselves out of bad moods, false truths, restless anxieties, or brooding discouragements. We simply cannot wait for someone else to cheer us up or to set our minds right. We cannot waste (anymore) time struggling or sulking. This is exactly what the Psalmist does (three times!) in Psalms 42 and 43 (see also Ps.62:5; 103:1-2; 116:7; 146:1).

Lloyd-Jones gave this powerful explanation:

Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself? Take those thoughts that come to you the moment you wake up in the morning. You have not originated them but they are talking to you, they bring back the problems of yesterday, etc. Somebody is talking. Who is talking to you? Your self is talking to you. Now [the psalmist's] treatment [in Psalm 42] was this: instead of allowing this self to talk to him, he starts talking to himself. ‘Why art thou cast down, O my soul?’ he asks. His soul had been depressing him, crushing him. So he stands up and says, ‘Self, listen for a moment, I will speak to you.’

... The main art in the matter of spiritual living is to know how to handle yourself. You have to take yourself in hand, you have to address yourself, preach to yourself, question yourself. You must say to your soul: ‘Why art thou cast down’ – what business have you to be disquieted? You must turn on yourself, upbraid yourself, condemn yourself, exhort yourself, and say to yourself: ‘Hope thou in God’ – instead of muttering in this depressed, unhappy way. And then you must go on to remind yourself of God, Who God is, and what God is and what God has done, and what God has pledged Himself to do. Then having done that, end on this great note: defy yourself, and defy other people, and defy the devil and the whole world, and say with this man: ‘I shall yet praise Him for the help of His countenance, who is also the health of my countenance and my God’ (20-21).

There is certainly no shortage today of things that can make us anxious or fearful. Especially with the internet and social media, crises can seem to be pervasive and invasive. Consequently – if our minds are not set on things above (Col.3:2); if the peace of Christ does not rule in our hearts (Col.3:15); if our eyes are not fixed on Jesus (Heb.12:2); if our souls are not anchored to the truth of God (Heb.6:19) – we can fall into all kinds of doubts and despair. It is so important that we remember who God is (e.g., His character, nature, attributes, promises) and who we are in Him (e.g., His beloved children; those He has chosen, redeemed, sanctified, and will one day glorify). God will never fail, never forget, and never forsake those who belong to Him!

Together in and for Christ,  
Pastor David  
(8/4/25)

**Scripture Readings for the Week** (Monday – Sunday ~ Week #31):

*Leviticus 22-24; 2 Kings 21-25; Psalm 90-92; Proverbs 14-15; Ezekiel 43-48; John 1-2; 1 Thess. 4-5*

**Recommended Reading:**

*“Spiritual Depression: Its Causes and Cure” by Martyn Lloyd-Jones*