

# Psa 42 - spiritual Depression

1- whatever reasons there are for being depressed, the reasons for hope are greater

(1) He is the O of my life v. 8 - my life is His

(2) The threatening waters are His = v. 7 - Thy breakers, Thy waterfalls, Thy waves.

(3) His lovingkindness & His Song v. 8

Remind my God - what O is to us - & what

- Hope in O & has pledged to do for us -

- take it to O = stop talking to yourself (and deepens the despair) & start talking to O. vs 6

- Remember Him, not things

- make the effort

- Keep at it - 3 times 42: 5, 11; 43: 5

The condition = Troubled <sup>(1)</sup> by loss of O's

insecure & suspicious Presence <sup>(2)</sup> by loss of the former days of blessing - can't seem to recapture it, no matter how hard it tries, or how desperate is his desire - as a dew dying of thirst & all water wells have dried up.

<sup>(3)</sup> Troubled by the taunts of others: "where is your God?" you boasted of a living O - where is He. you boasted of Revival - where is it.