

# BIBLE BAPTIST CHURCH OF ERIE

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## Series #2 - PSALMS OF HOPE

### “HOPE OVER DISCOURAGEMENT AND DEPRESSION”

**Psalm 42 & 43**

**Romans 15:13**

As I mentioned last Sunday the Book of Psalms are Songs that were often sung during dark and difficult times. So, for the next several weeks I want to look at several of the **Psalms of Hope** last Sunday we looked at – **Hope When You Are Afraid** from **Psalm 34**. We also learned from **Romans 15:13** what the apostle Paul said about **HOPE**: “*Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.*” The Greek word for “**hope**” (elpis -el-pece) means to “*anticipate with pleasure, confident expectation.*” So here in **Romans 15:13** he is telling us **that God is the author Himself of Hope which is our favorable and CONFIDENT EXPECTATION.** And the **OBJECT of our HOPE is Christ for Colossians 1:27 says; “Christ in you, the HOPE of glory.”**

Now today I want us to look at **Psalms 42 and 43** carefully to learn that we also have **HOPE OVER DISCOURAGEMENT AND DEPRESSION.**

It is believed that David wrote these Psalms out of discouragement and depression because his son Absalom who had led a rebellion against him. What do we mean by **depression**? Well, it's a passive, a listless feeling, an overwhelming sadness. Nothing feels good. Nothing is worth feeling good about. **It's a state of hopelessness.** The idea that, “*I don't care, and no one else cares. No one understands me. No one accepts me.*” And so, you're just filled with worry and anxiety. And that was the way David a man after God's own heart was feeling. Now you can call the role of biblical saints who got discouraged and depressed. Great men like:

Let me say at the beginning that I don't know much about clinical depression. I do know that depression is a very complex condition that can be rooted in spiritual, emotional, mental, biological, or physiological causes, or a combination thereof. If you struggle with depression this morning, I hope you are seeking professional medical help. There is no shame in admitting that you need some assistance. Mental health is just as important as our physical health is.

Now If you're looking for a way to beat the blues this morning, to **have HOPE OVER DISCOURAGEMENT AND DEPRESSION** - David gives us four steps to put into practice.

### I. SEEK GOD WITH EVERYTHING YOU'VE GOT **Vs.1-3**

David is picturing himself like a deer that is on the run-in desperate search of refreshment. **Verse 2** tells us that just as a deer can't wait to quench its thirst, David says his soul is thirsting “**for the living God.**” He wants to know God. He's seeking Him with everything he has.

### II. BE HONEST WHEN YOU CAN'T **V-3**

Do you feel like you're stumbling spiritually? Are tremors rocking your life? Do you have a hard time swallowing the things that have come your way? David can relate. Look at **verse 3**: “My tears have been my food day and night.” His appetite has vanished because of all his afflictions. His only source of nutrition is the salt from his own tears. Drop down to **verse 7**. In **verses 9-10**, he wonders if God has somehow misplaced him. He's so low that he feels like he's dying.

A key part of the process of defeating depression is to be honest when you're hurting. You can be real before God and you can be yourself in this church. You don't have to fake it here we love you and God loves you.

### III. FORCE YOURSELF TO REMEMBER TRUTH **V-4**

Look at **verse 4 and verse 6**. The Hebrew here conveys a strong expression of determination: “**I will remember.**” When you're in the pits and you feel like there's no way out, then resolve to remember what is true. Even though I know what is true, I need to force myself to remember it or I will have a difficult time overcoming the blues. Peter put it this way in **2 Peter 1:12**.

What is it that David remembers? **First of all, he remembers the FELLOWSHIP he used to have in verse 4:** “*How I used to go with the multitude...*” **Second, David forces himself to remember the SWEETNESS of corporate worship:** “*... I went with them to the house of God, With the voice of joy and praise.*” **Third, David locks into the fact and remembers that He SERVES a “living God” in verse 2.** God is not dead. **Fourth, David remembers that GOD LOVES HIM. Look at verse 8.**

That leads to the final step...

### IV. DECIDE TO TRUST GOD **Vs 4-5**

In this psalm David talks to God and he talks to himself. It's not always bad to talk to yourself. In fact, when we're down, we often need to force ourselves to remember and trust. In **verse 5** and then again in **verse 11**, look at what David says to himself. A **cast sheep** was a sheep that was flat on its back and couldn't get up without help from the shepherd. This final step is more fully developed in **Psalm 43**. While **Psalm 42** is a dialogue between David and his soul, in **Psalm 43** David speaks directly to God. David then gets to the core. When he's at his personal “ground zero,” He makes up his mind in **verses 4-5**. David comes back to the central truth of all – God Himself. His trust in Him is now fully expressed as he comes to the altar of God.