

5 Emotional Storm Warnings •Fear Anxiety Anger Discouragement Depression 2 Corinthians 5:7

**How to Conquer Depression Everybody becomes discouraged** occasionally, but we can allow it to lead to "spiritual" depression. What does God's songbook of the soul say in Psalm 42?

Psalmist's Cry

(II Cor.

Three influencing factors:

1. Physically Exhausted

2. Emotionally Drained

3. Spiritually Run-down

4:16-18)

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## **Psalmist's Causes**

- Unfulfilled plans (42:1-2)
- Unrelieved sorrow (42:3)
- Unanswered questions (42:5, 11, 43:5a)

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## Psalmist's Cry

- Sense of being cast down (42:5, 11 - loss of hope).
- Sense of being disquieted (43:5 troubled waters).

Stop searching for reasons. Start resting on promises.

Romans 8:29 "A soft pillow for a hard heart"

## **Psalmist's Conclusion**

- Have hope "hope thou in God" (Rom. 5:2-5; Heb. 6:9).
- Praise Him "for I shall yet praise him."
- Deal with the physical "for the help of his countenance."

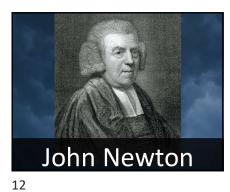
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## **Remember God**

- Cry out to Him pray out loud (Gen. 32:9; Ps. 40:1, 88:2; Matt. 10:27).
- Quote the promises of His Word over the feelings of the moment (Gen. 32:12; Psalm 27:1; 56:3).
- Eliminate torment by seeing His love (at the cross) (Gen. 32:24).





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