



Getting Real 2, #1
Dealing with Depression, Ps. 42-43
 By Louie Marsh, 6-18-2017

1) I need to recognize that _____ is my solution.

¹ As a deer longs for flowing streams, so I long for you, God. ² I thirst for God, the living God. When can I come and appear before God? ³ My tears have been my food day and night, while all day long people say to me, "Where is your God?" ⁴ I remember this as I pour out my heart: how I walked with many, leading the festive procession to the house of God, with joyful and thankful shouts. Psalm 42:1-4 (CSB)

- Not _____
- Not a quick _____

2) I should _____ my questions & _____ my doubts.

⁵ Why, my soul, are you so dejected? Why are you in such turmoil? Put your hope in God, for I will still praise him, my Savior and my God Psalm 42:5 (CSB)

- Remember – Just because I feel a certain way doesn't make it _____

3) I must _____ just how bad I really feel.

⁶ I am deeply depressed; therefore I remember you from the land of Jordan and the peaks of Hermon, from Mount Mizar. ⁷ Deep calls to deep in the roar of your waterfalls; all your breakers and your billows have swept over me. Psalm 42: 6-7 (CSB)

- Dump the " _____ " myth.

4) Always look towards what God will do in the FUTURE.

⁸ The LORD will send his faithful love by day; his song will be with me in the night - a prayer to the God of my life. Psalm 42:8 (CSB)

5) I should always _____ about everything (doubts, pain, etc.)

⁹ I will say to God, my rock, "Why have you forgotten me? Why must I go about in sorrow because of the enemy's oppression?" ¹⁰ My adversaries taunt me, as if crushing my bones, while all day long they say to me, "Where is your God?" ...¹ Vindicate me, God, and champion my cause against an unfaithful nation; rescue me from the deceitful and unjust person. ² For you are the God of my refuge. Why have you rejected me? Why must I go about in sorrow because of the enemy's oppression? Psalm 42:9-10; 43:1-2 (CSB)

6) I should, by prayer & the Word, _____ of the future God has for me.

³ Send your light and your truth; let them lead me. Let them bring me to your holy mountain, to your dwelling place. ⁴ Then I will come to the altar of God, to God, my greatest joy. I will praise you with the lyre, God, my God. ⁵ Why, my soul, are you so dejected? Why are you in such turmoil? Put your hope in God, for I will still praise him, my Savior and my God. Psalm 43:3-5 (CSB)



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