

Depression – Psalm 42-43
James Muldoon - Carey Baptist Church – 16 October 2011

Introduction

- How common is depression in the UK?
- What are some of the symptoms?
- Give some biblical examples to show that Christians can get depressed.

Psalms 42 and 43

- Who wrote Psalms 42 and 43?
- What does Psalm 42:1-2 express?
- How does the Psalmist feel in Psalm 42:3?
- What does he do in Psalm 42:4?
- Can looking back to the past actually be a good thing?
- What does he admit in Psalm 42:5?
- What does he do in his downcast condition in Psalm 42:6?
- What symptom of depression do we see in Psalm 42:7?
- What breaks through in Psalm 42:8?
- And then what happens in Psalm 42:9-10?
- How is Psalm 42:6-11 a very real description of what depression often feels like?
- What does the Psalmist want in Psalm 43:1?
- How does God seem to him in Psalm 43:2?
- What does he want in Psalm 43:3?
- What is the first thing he will do on arriving home in Psalm 43:4?
- What does he do to keep himself going in the meantime in Psalm 43:5?

Lessons about depression

- What is the first lesson we can learn about depression from these psalms?

- How do we know that the Psalmist really loves the Lord?
- Which verse especially gives us a clear indication of his faith, and which verses especially give us a clear indication of his doubts?
- What is the real experience of many Christians when they get depressed?
- What wrong conclusions do some Christians then draw?
- What does the Psalmist do when he has disturbed thoughts about the Lord?
- What should we do?
- What is the second lesson we can learn about depression from these psalms?
- What is the first thing the Psalmist does with his depression in Psalm 42:5, Psalm 42:11 and Psalm 43:5?
- What does he then do with it?
- What does he end up doing?
- Does it take away his depression immediately?
- What should we try to do if our depression is not crippling us totally?
- What is the chief message our souls needs to hear?
- What is the third lesson we can learn about depression from these psalms?
- Where do we see the passion of the Psalmist for the Lord?
- How has that passion been shaped?
- What is a sad feature of much UK Christianity today?
- What might help us to engage with the Lord more deeply?
- What should you do if you are not a Christian?