

Psalm 42/43 pt. 2

Martyn Lloyd-Jones: “Unhappy Christians are, to say the least, a poor recommendation for the Christian faith.”
(Forward of the book, Spiritual Depression: Its Causes and Cures)

Cain

- I. Depression: Its Causes in Ps 42
 - A. Absence in Worship
 - B. Mocking from Others
 - C. Remembrance of past times
 - D. Overwhelming Trials of life
 - E. A Seeming Failure of God
 - F. Attacks by Wicked People
- II. Depression: Its Cure in Ps 42
 - A. The downcast or depressed person must take responsibility for himself.
 - Talk to yourself rather than listening...
 - Eliminate unbiblical language
 - Ask this question: Am I handling this problem God’s way?

- B. The downcast or depressed person must challenge himself to do what must be done.
 - Do what you know must be done, no matter how you feel.
 - Ask yourself: What is my problem? What does God want me to do about it? (Found in Scripture) When-Where-How shall I begin?

- C. The downcast or depressed person must remind himself of a Great Certainty.

What has God promised to do?

The downward spiral is caused by us sinful responses to a problem leading to complicating problems and sinful responses. The upward spiral is begun by beginning to biblically respond to complicating problems and ultimately the original problem.