



Sermon Outline
February 28, 2021
Pastor Bryan Myers

Depression

Psalm 42:1-11

For a Christ follower, depression is a vexing mystery. Is it borne of sin? Is it a lack of faith? And if it's none of those things, what kind of God would have us be in this sort of pain and melancholy? – Paul Asay

Depression Directives

*** Sometimes in order to protect your soul you must _____ your soul.**

Vs. 11 & 5 - Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

*** There will be those times when it appears that God is _____ or ignoring you.**

Vs. 9-10 - I say to God my Rock, "Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?" My bones suffer mortal agony as my foes taunt me, saying to me all day long, "Where is your God?"

God's apparent silence during depression's nightmarish introspection is horrific. - Paul Asay

*** It's important to remember that God is present _____.**

Vs. 8 - By day the Lord directs his love, at night his song is with me—a prayer to the God of my life.

I've also learned the difference between loneliness and the quiet joy of being alone. What seems like God's stony silence can actually be God's quiet presence. – Paul Asay

*** Sometimes it may feel as if God is the source of your _____.**

Vs. 7 - Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me.

*** What you allow your mind to _____ on is important when experiencing depression.**

Vs. 6 - My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar.

*** Dwelling in the past can make it hard to _____ in the present.**

Vs. 4 - These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng.

*** The presence of God does not mean the absence of _____.**

Vs. 3 - My tears have been my food day and night, while people say to me all day long, "Where is your God?"

*** Inside each of us is a God-shaped _____.**
A place inside our hearts that only God can fill.

Vs. 1-2 - As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?

*** The antidote for situational depression is to desire the _____ more than the creation.**

Psalm 73:25 - Whom have I in heaven but you? And earth has nothing I desire besides you.

Resource – **Beauty in the Browns; Walking with Christ in the darkness of depression. Paul Asay**