

Study on Psalms

Ps 42 – A Depression Psalm?

What is depression?

Medical Definition

- **It is a Bio-Chemical Disorder; 35% Genetic & 65% Environmental factors.**
- **It is a “common cold” of mental health problem.**

A Pastor Dies By Suicide:
Three Things We All Need to
Know

As many of us learned of Jarrid
Wilson’s death, we were told that

pastors (and Christians) are not
immune, and being here
about that is good for all of us.

- ED STETZER

1. Behind the Ministry Curtain

First, I think many times people in the church are
unaware of what happens behind the curtain.

2. Not Sure Where to Turn

Second, pastors often don't know
what to do when they are struggling.

*"If a minister confides to leaders in his church that
he is contemplating suicide, do you think
their ministry is over?"*

3. God Does Not Fix It All ... Now

Finally, in part this is a
misunderstanding of the gospel and
the filling of the Holy Spirit.

We are not immune to
Mental Health Problem & Suicide.

We must be real
with God & with ourselves!

Re: Ps 42

YOUR LIFE MATTERS

ARTICLE BY ED STETZER

WWW.STETZER.COM

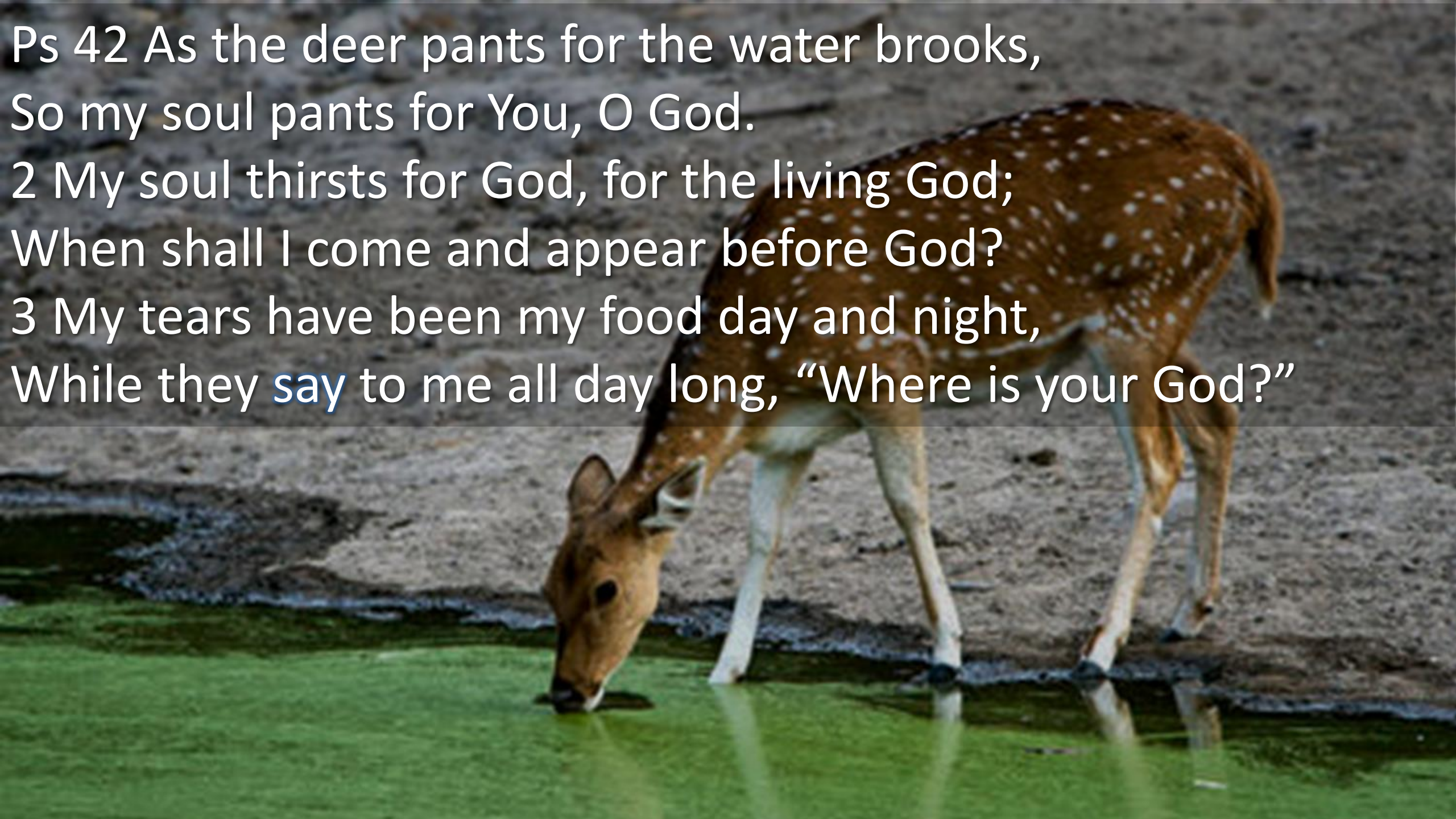
Psalm 42



Ps 42 As the deer pants for the water brooks,
So my soul pants for You, O God.

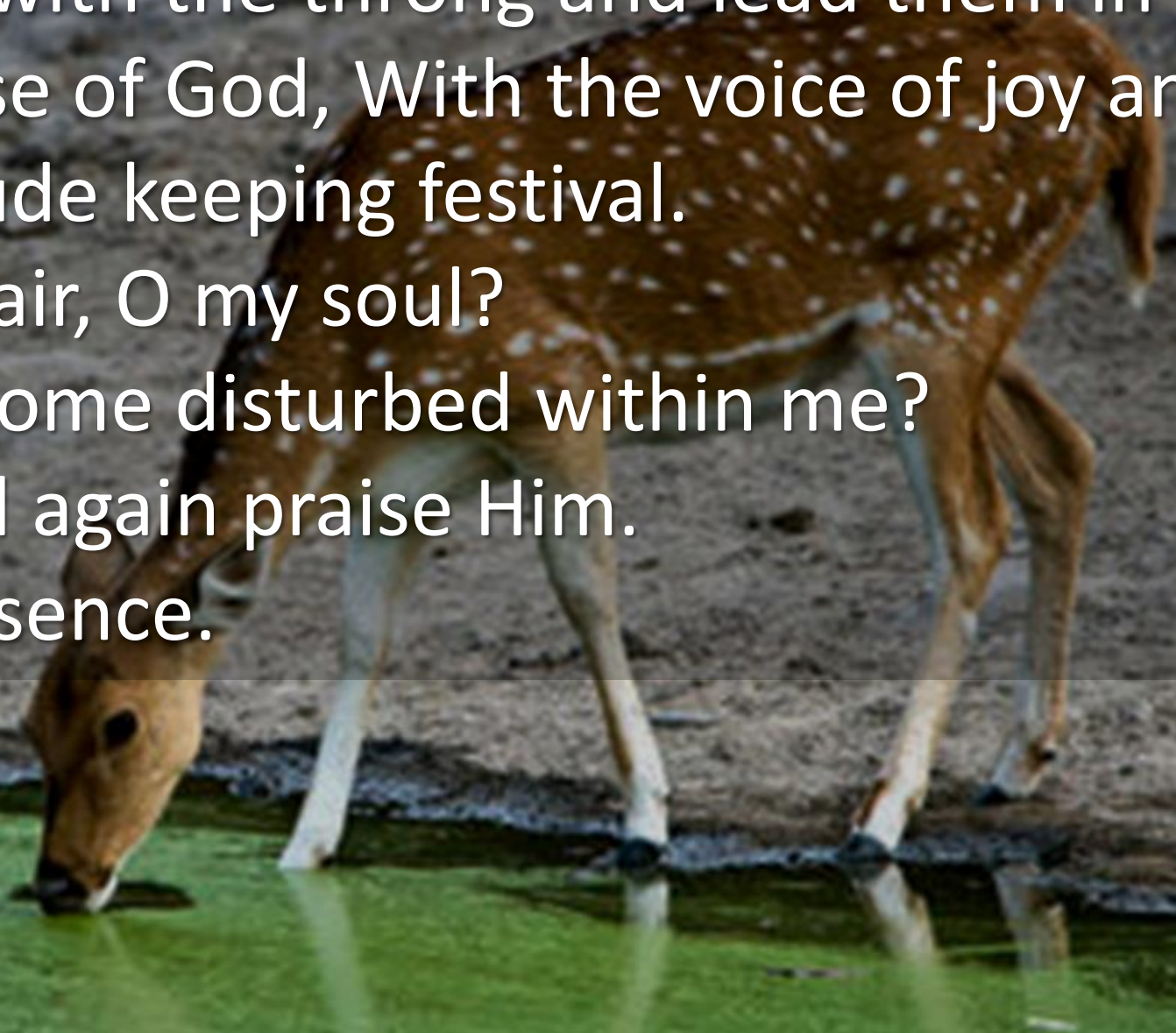
2 My soul thirsts for God, for the living God;
When shall I come and appear before God?

3 My tears have been my food day and night,
While they **say** to me all day long, "Where is your God?"



4 These things I remember and I pour out my soul within me.
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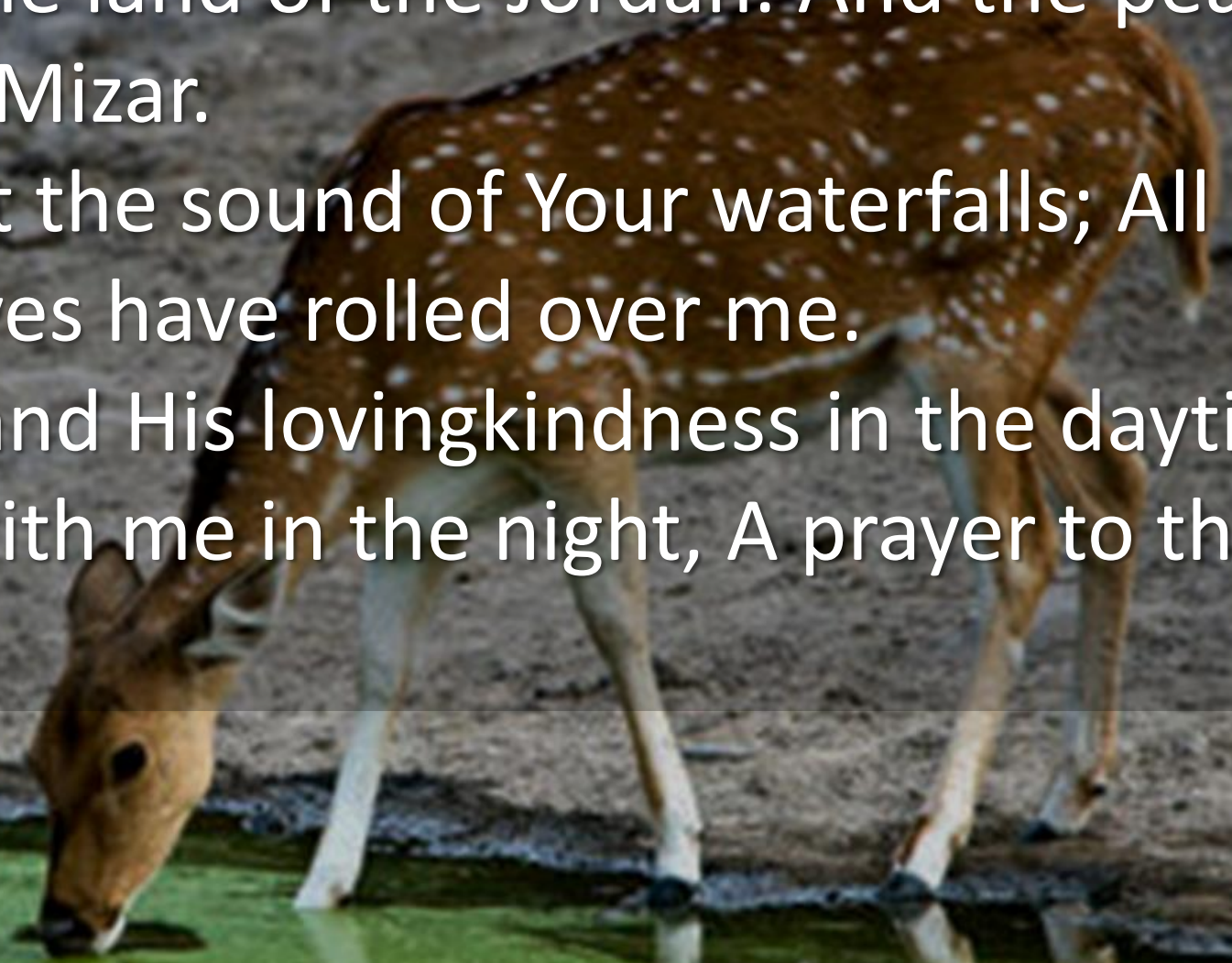
5 Why are you in despair, O my soul?
And why have you become disturbed within me?
Hope in God, for I shall again praise Him.
For the help of His presence.



6 O my God, my soul is in despair within me; Therefore I
remember You from the land of the Jordan. And the peaks of
Hermon, from Mount Mizar.

7 Deep calls to deep at the sound of Your waterfalls; All Your
breakers and Your waves have rolled over me.

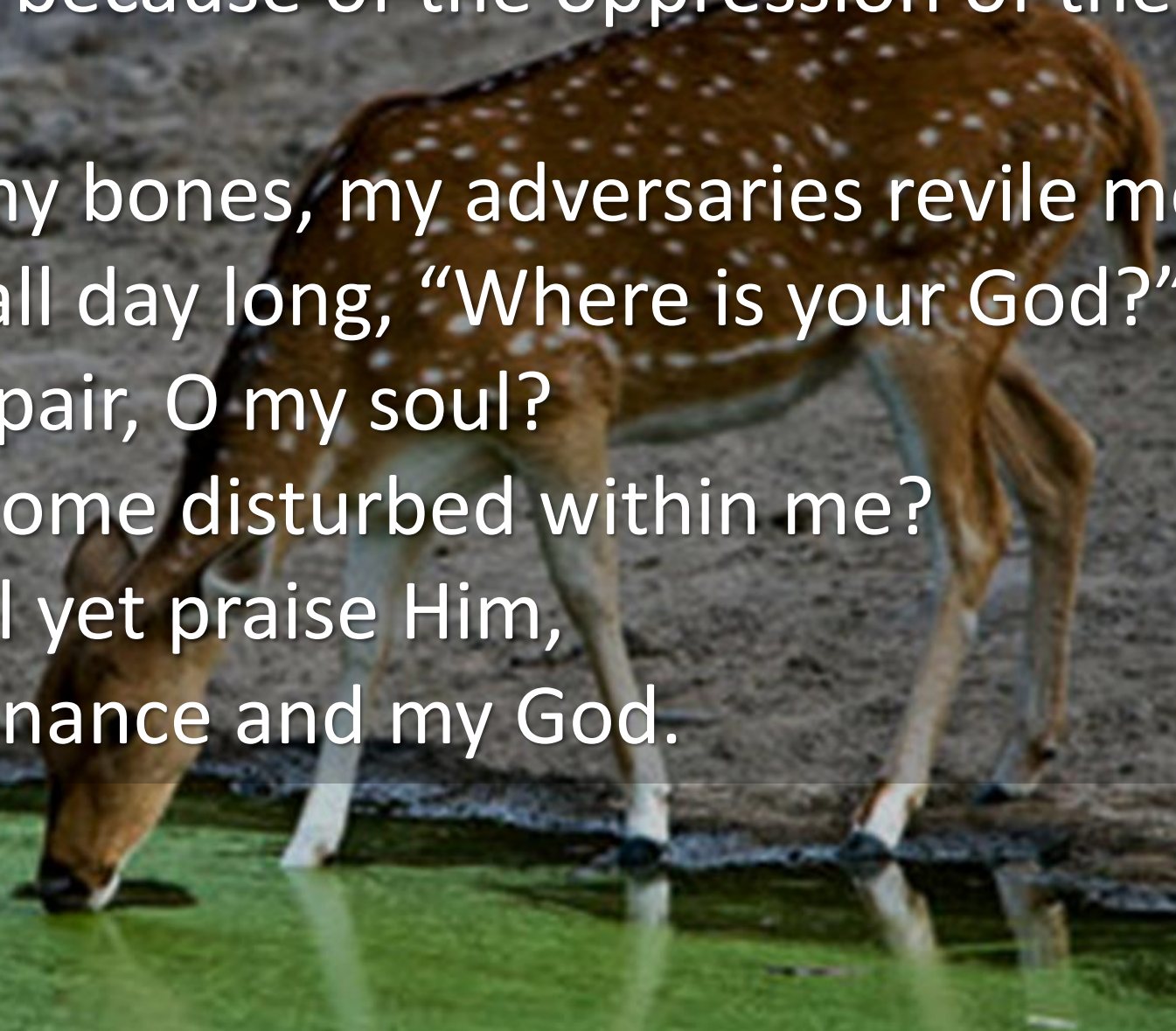
8 The Lord will command His lovingkindness in the daytime;
And His song will be with me in the night, A prayer to the God
of my life.



9 I will say to God my rock, "Why have You forgotten me?
Why do I go mourning because of the oppression of the
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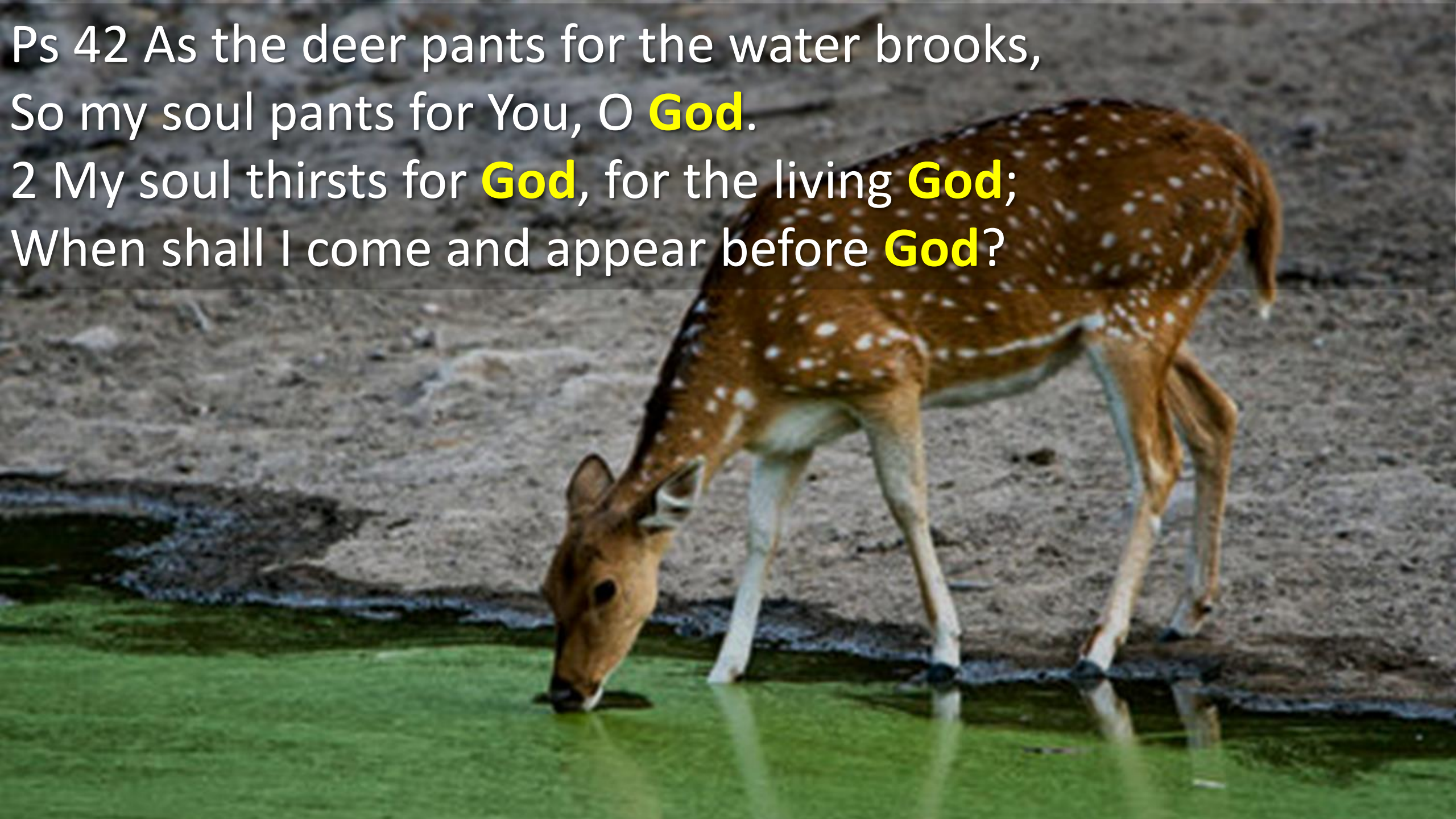
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The help of my countenance and my God.

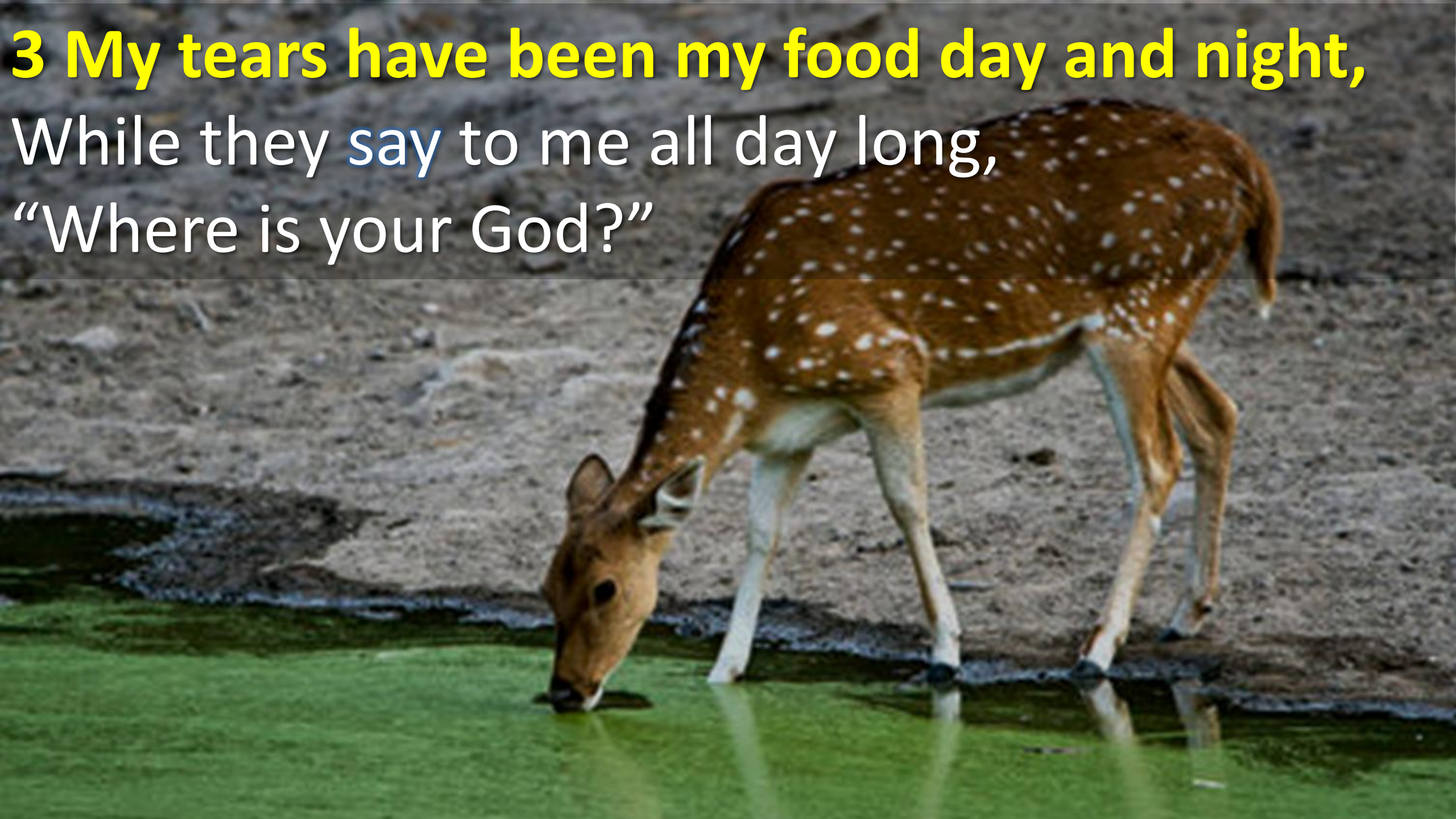


Ps 42 As the deer pants for the water brooks,
So my soul pants for You, O **God**.

2 My soul thirsts for **God**, for the living **God**;
When shall I come and appear before **God**?



3 My tears have been my food day and night,
While they say to me all day long,
“Where is your God?”



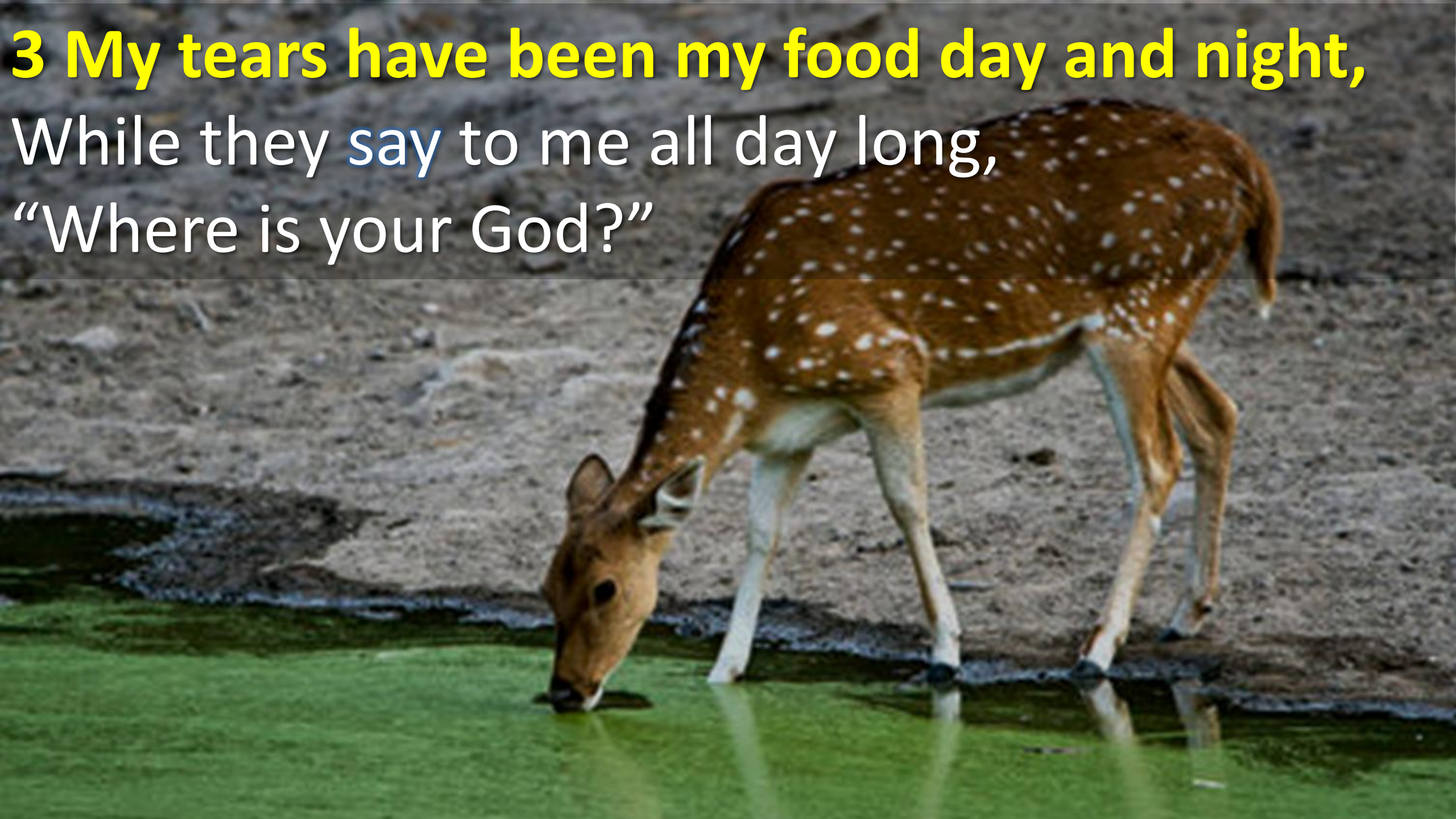
**3 My tears have been my food day and night,
5 My Soul is in despair & disturbed
7 I am overwhelmed by challenges
9 I am feeling abandoned
10 Shattering of bones// body in pain**



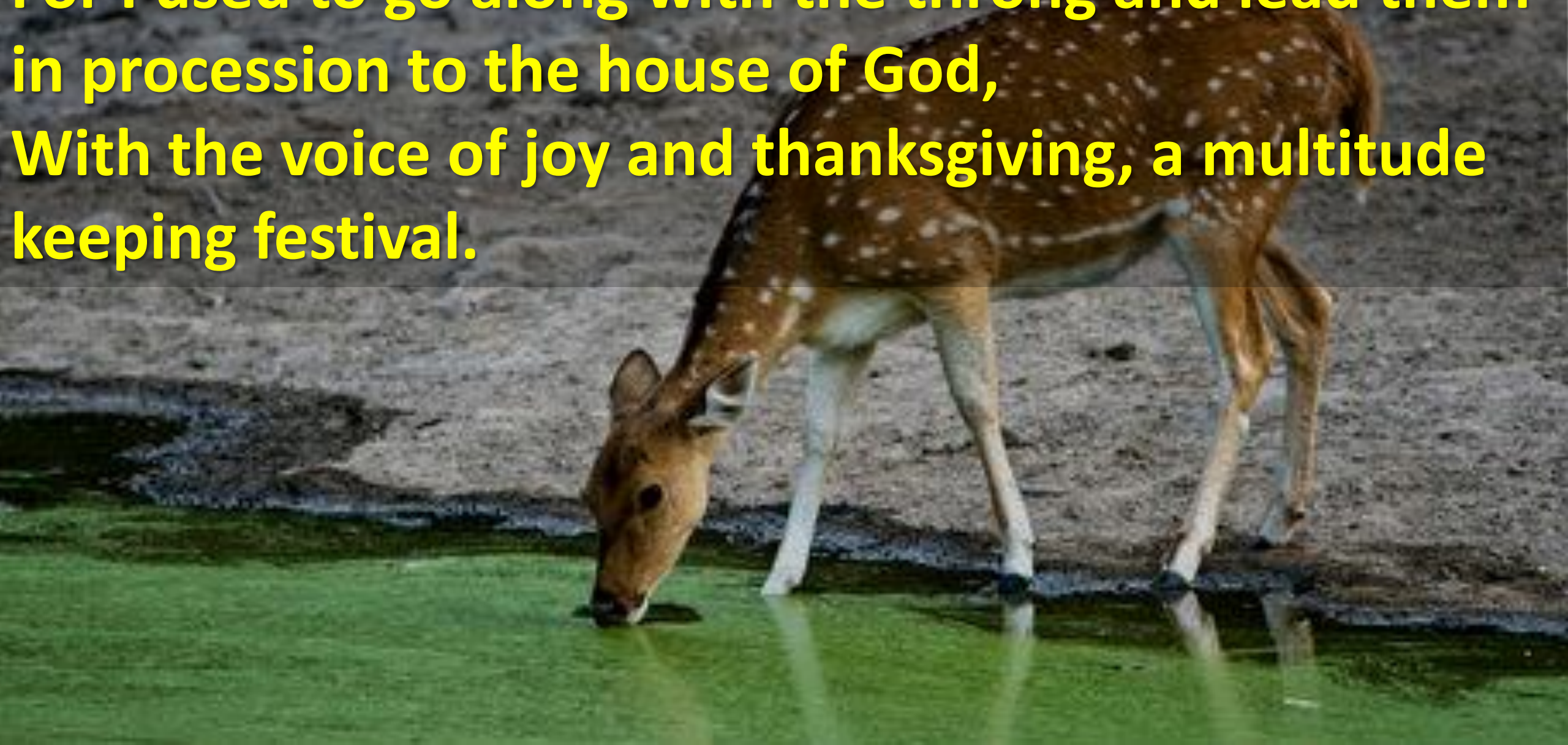
Diagnostic Criteria of Depression

- **Low mood most times of the day (> 2 weeks)**
- **Decreased interest or pleasure**
- **Changes in Appetite & weight**
- **Insomnia/hypersomnia**
- **Agitation or motor retardation**
- **Fatigue or loss of energy**
- **Feelings of worthlessness or excessive guilt**
- **Decreased concentration/ indecisiveness**
- **Recurrent Suicidal ideas**

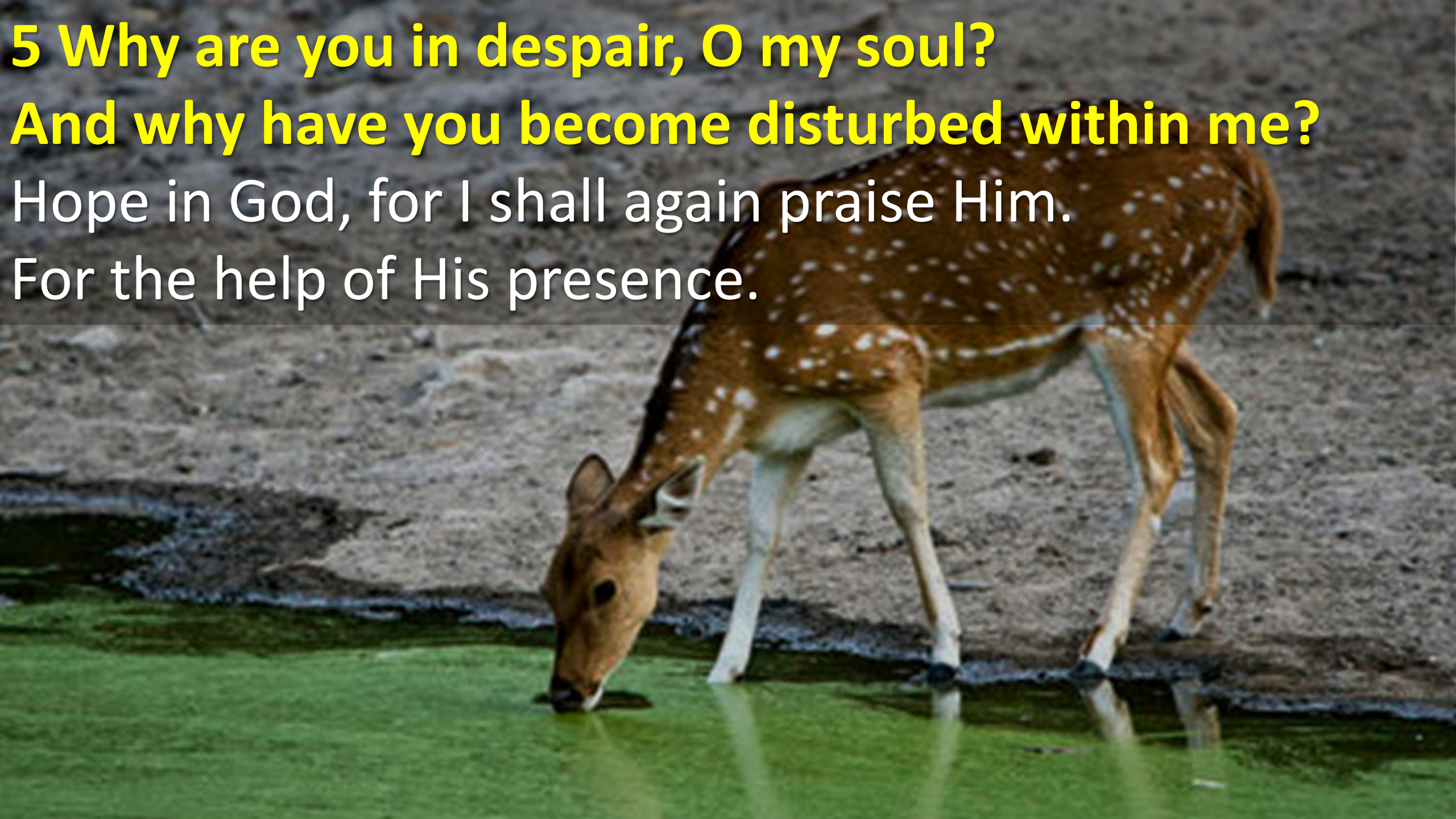
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4 These things I remember and I pour out my soul within me.
**For I used to go along with the throng and lead them
in procession to the house of God,
With the voice of joy and thanksgiving, a multitude
keeping festival.**



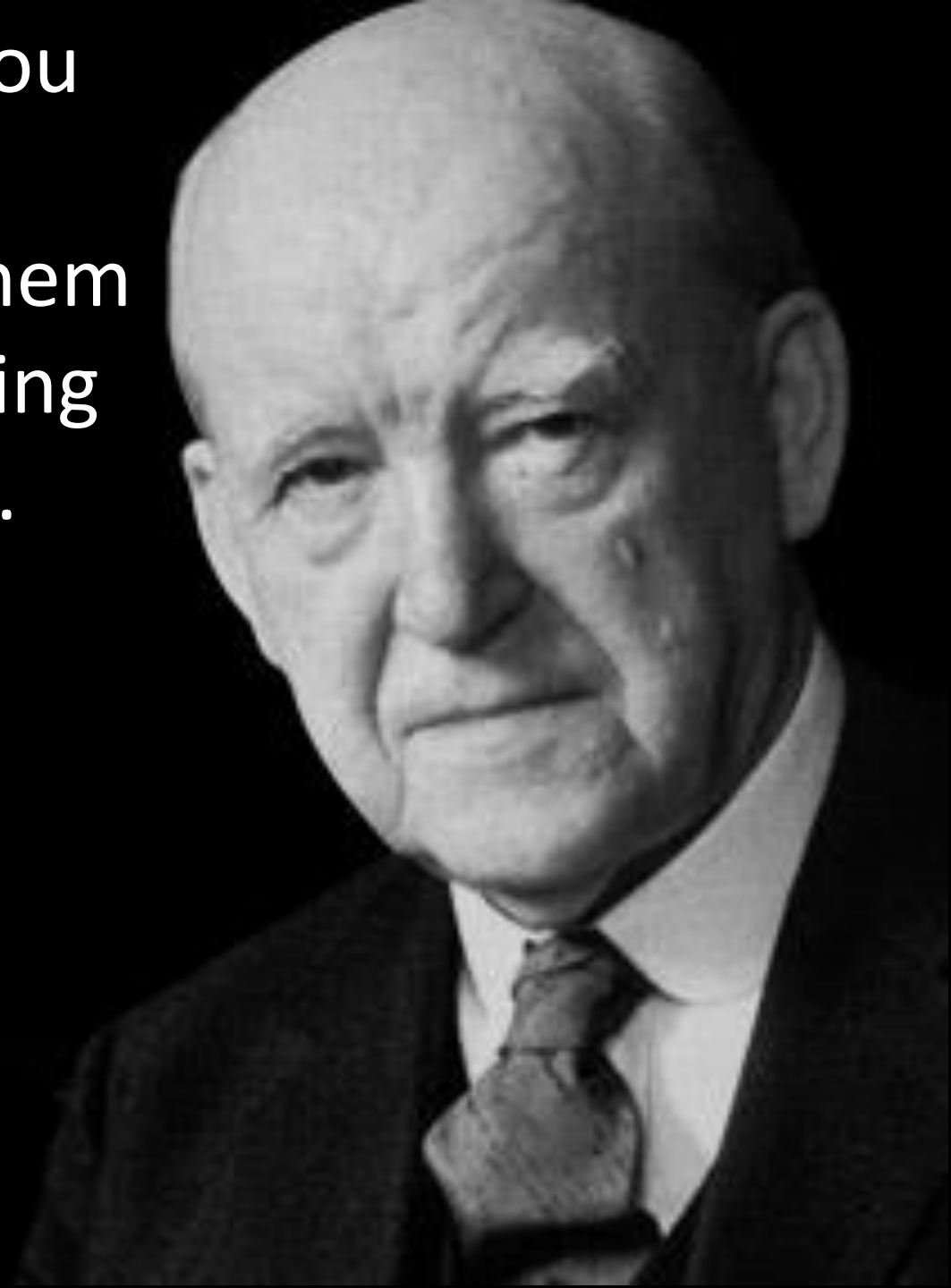
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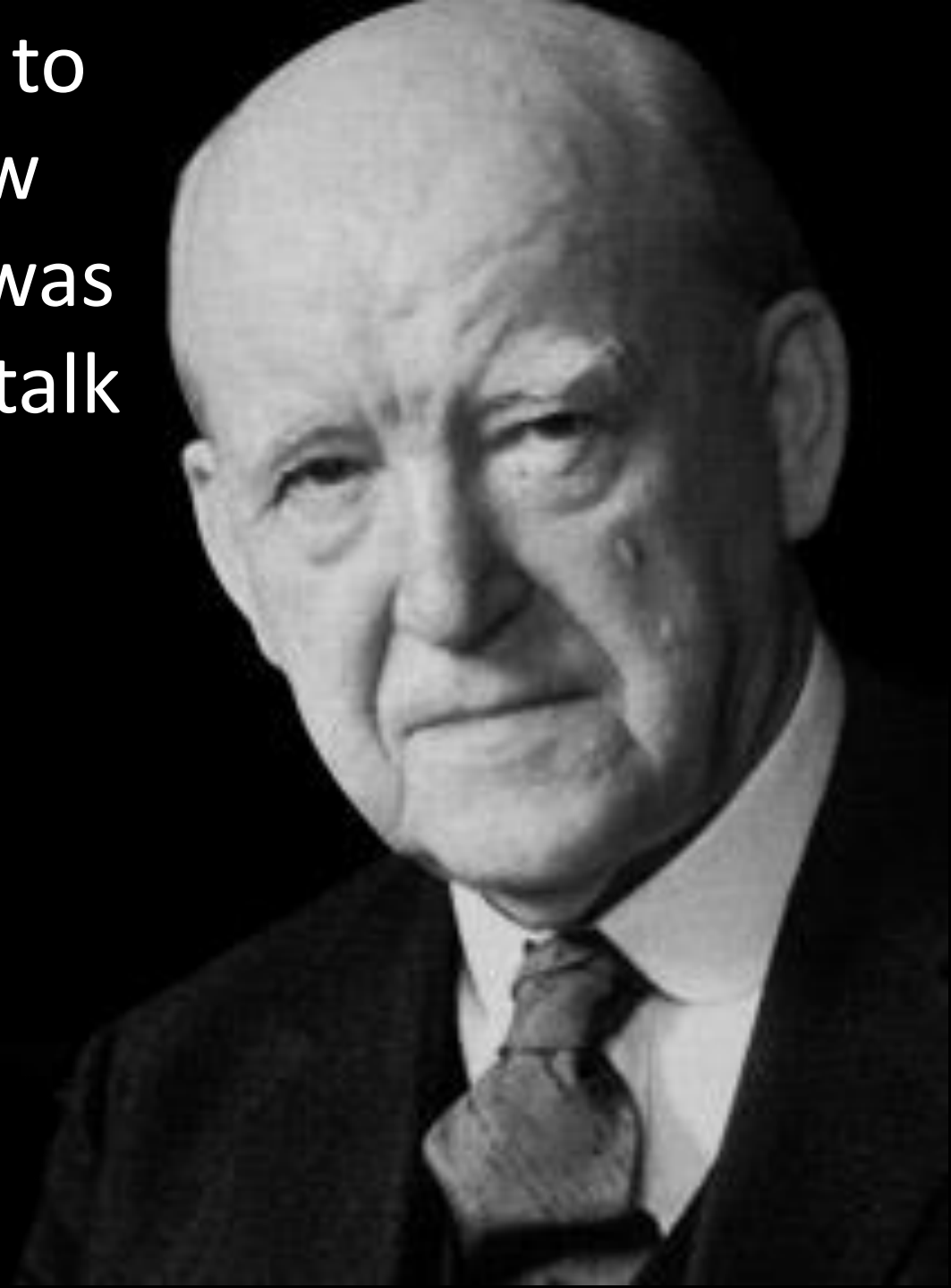
Have you realized that most of your unhappiness in life is due to the fact that you are **listening to yourself** instead of **talking to yourself**?



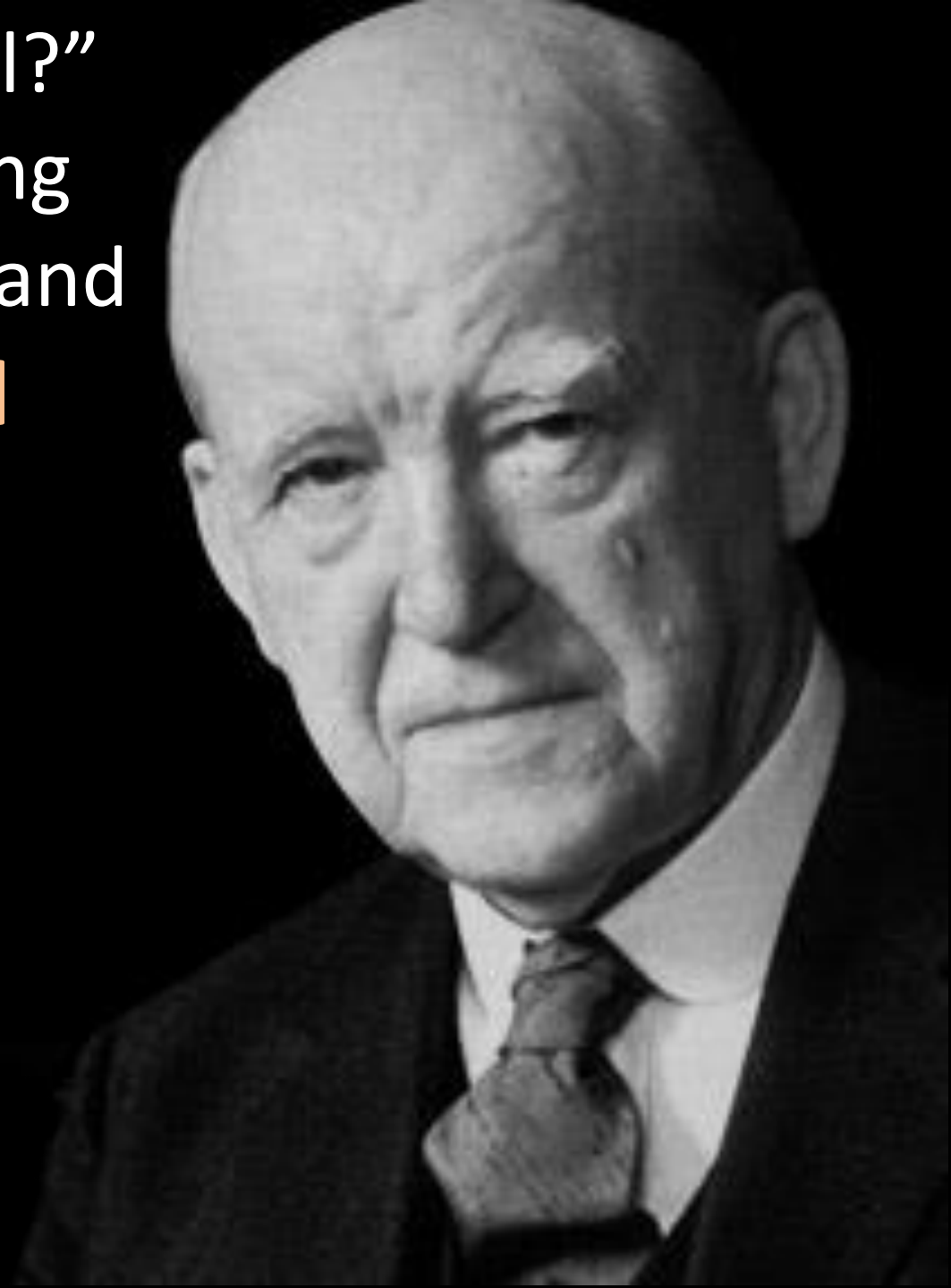
Take those thoughts that come to you the moment you wake up in the morning. You have not originated them but **they are talking to you**, they bring back the problems of yesterday, etc.



Somebody is talking. Who is talking to you? **Your self is talking to you.** Now this man's treatment [in Psalm 42] was this: instead of allowing this self to talk to him, he **starts talking to himself.**

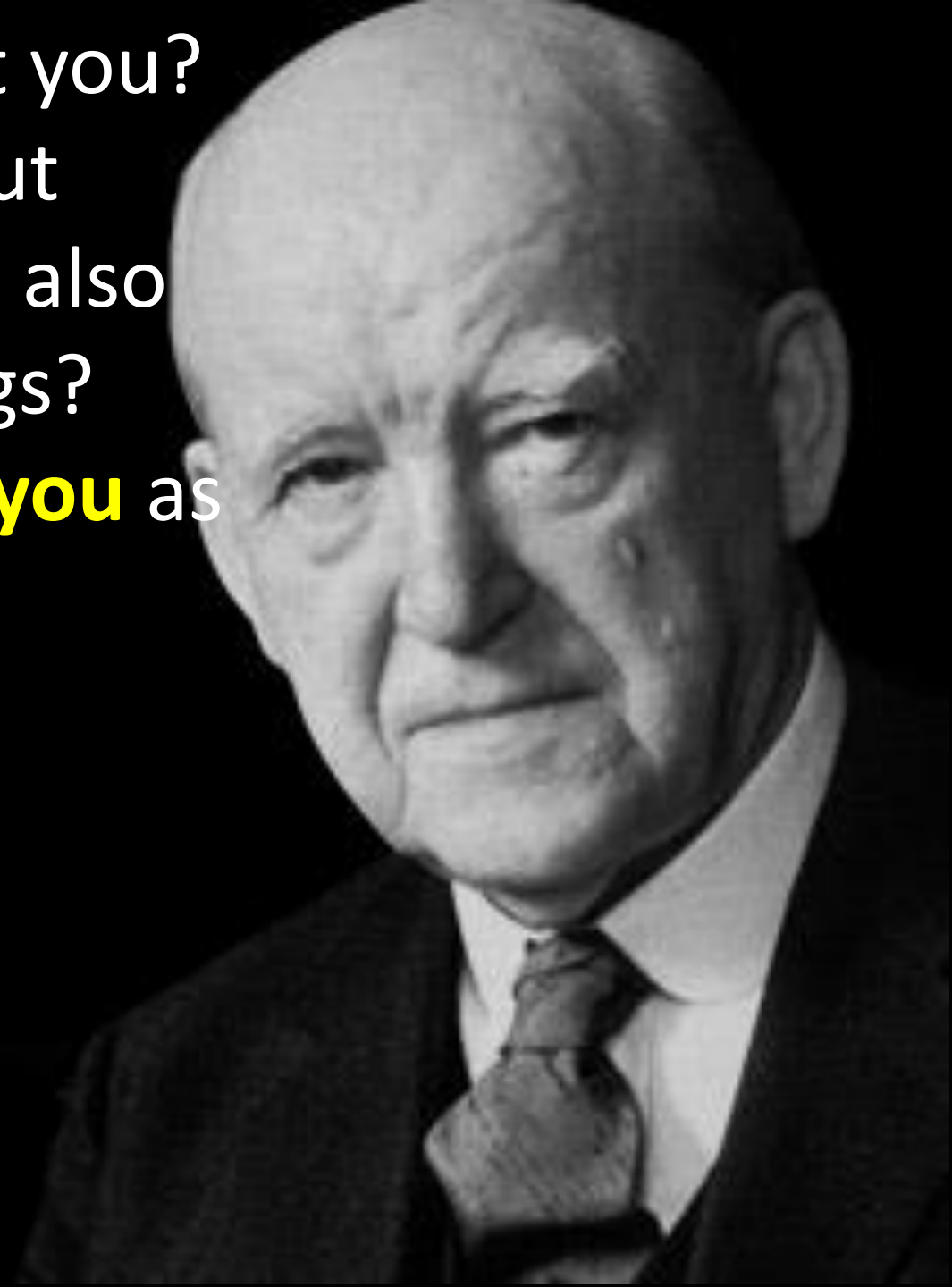


“Why art thou cast down, O my soul?”
he asks. His soul had been depressing
him, crushing him. So he stands up and
says,: **“Self, listen for moment, I
will speak to you.”**
(Spiritual Depression, 20-21)



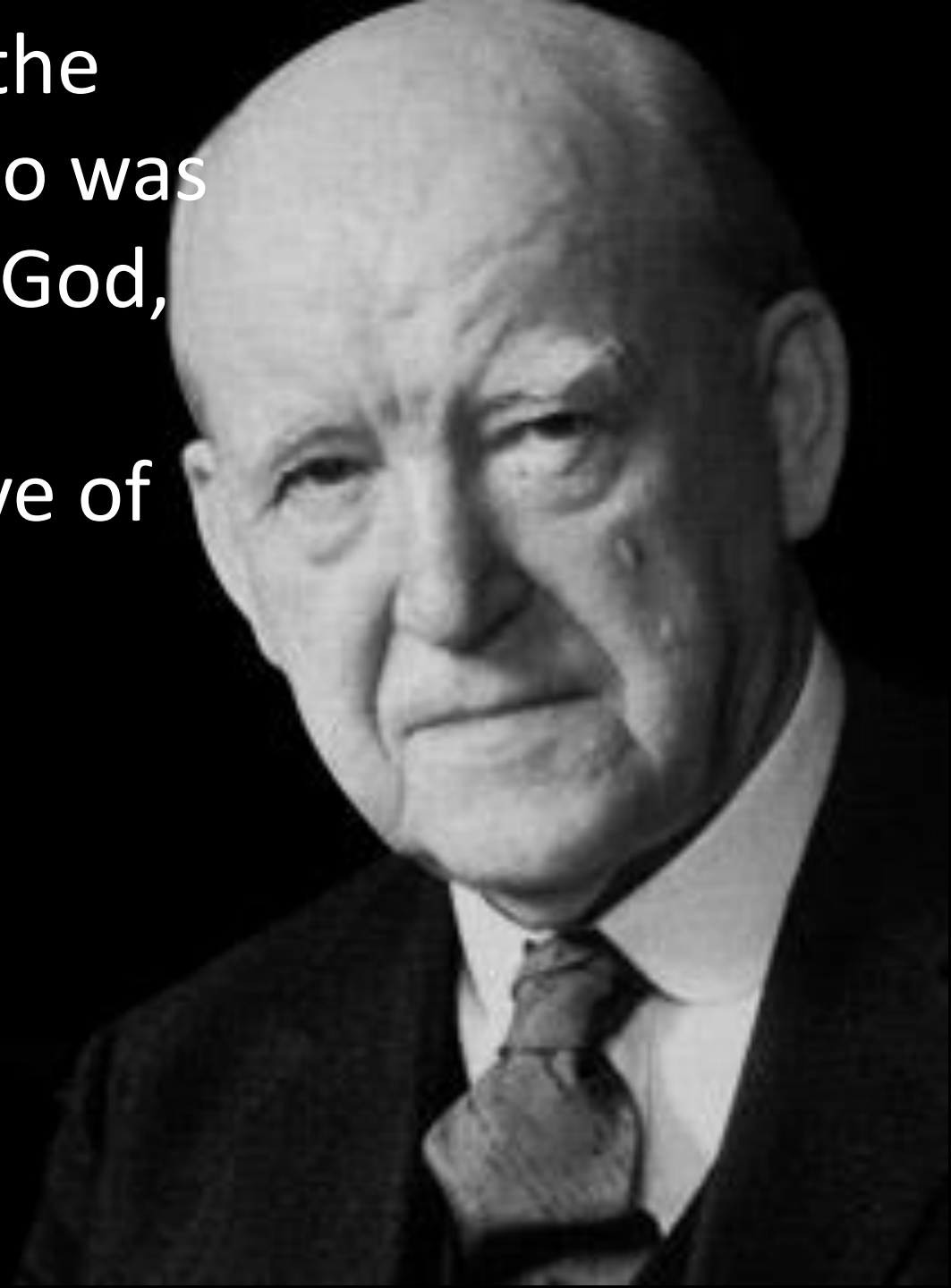
If God is for you, who can be against you?
He who did not spare his own Son but
gave him up for you, how will he not also
with him graciously give you all things?

Who shall bring any charge against you as
God's elect? It is God who justifies.



Who is to condemn? Christ Jesus is the one who died — more than that, who was raised — who is at the right hand of God, who indeed is interceding for you.

Who shall separate you from the love of Christ? NO ONE. (Romans 8:31–35 paraphrased)

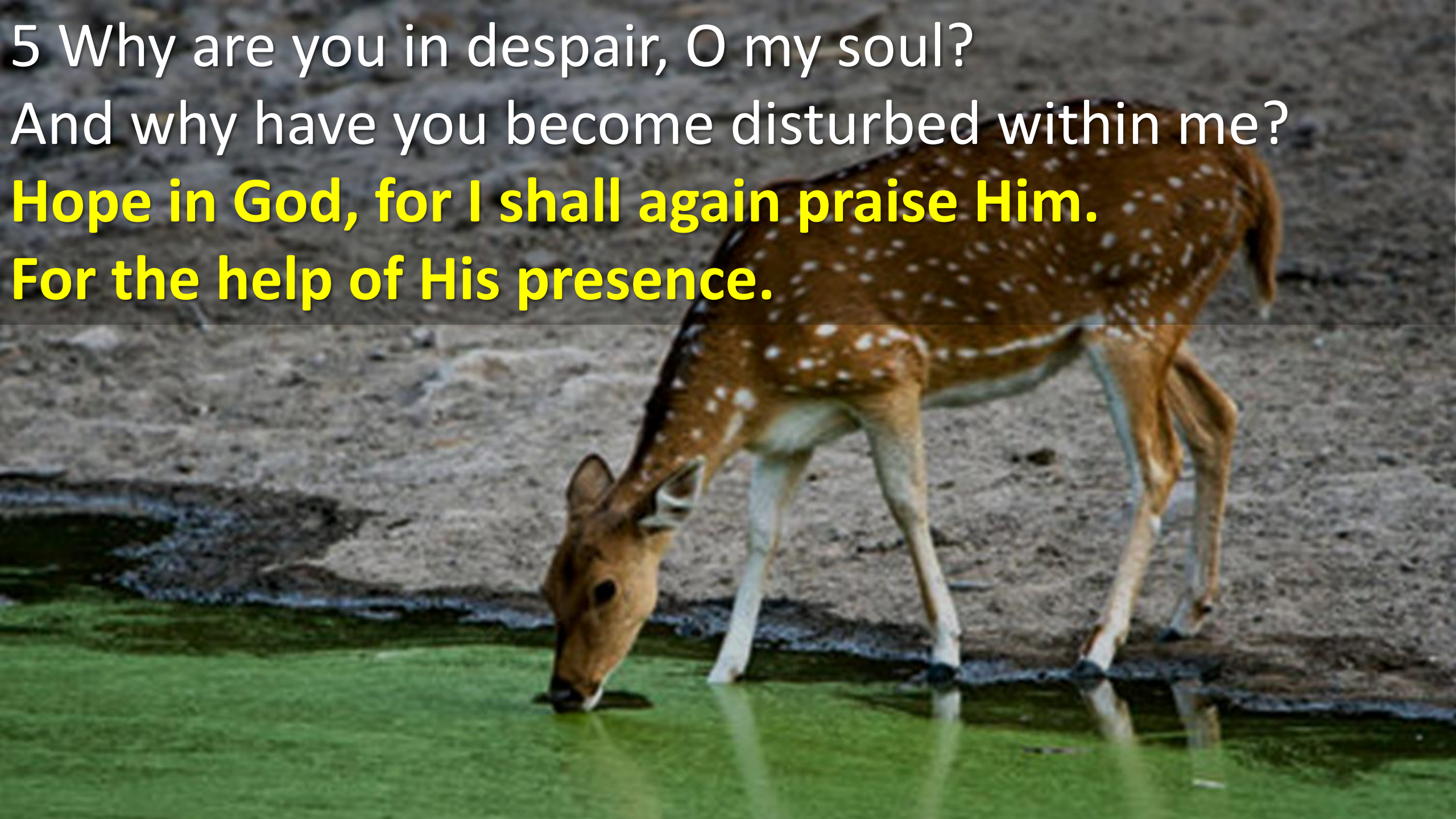


Ungodly belief

– anything that is contrary to the bible

- *I am always a victim.*
- *God will not help me.*
- *I am a horrible sinner.*
- *My enemies are nearer than God.*
- *There is no hope.*
- *No point trying....sure to fail anyway.*

5 Why are you in despair, O my soul?
And why have you become disturbed within me?
Hope in God, for I shall again praise Him.
For the help of His presence.



**6 O my God, my soul is in despair within me;
Therefore I remember You from the land of the Jordan.
And the peaks of Hermon, from Mount Mizar.**

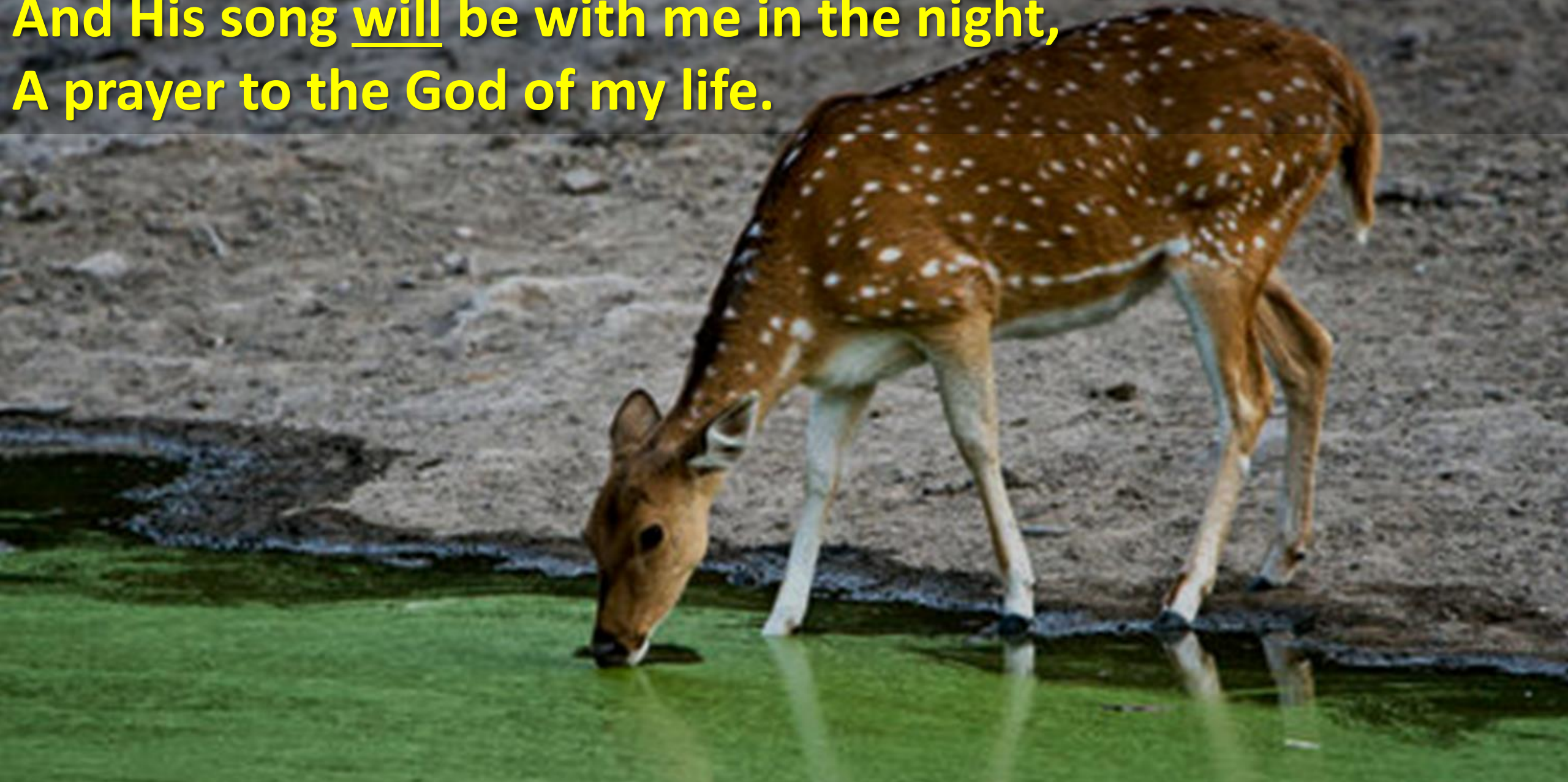




**7 Deep calls to deep at the sound of Your waterfalls;
All Your breakers and Your waves have rolled over me.**

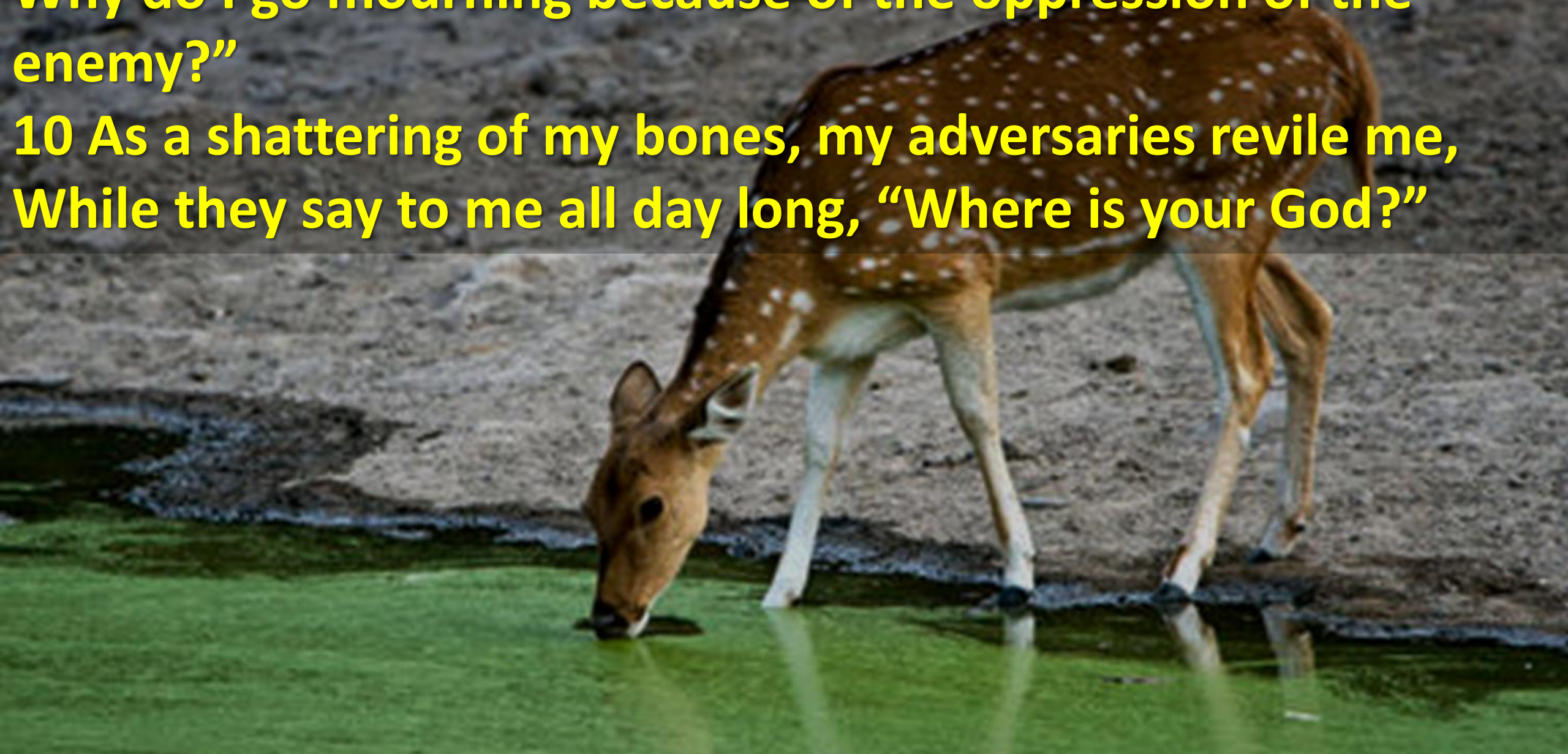


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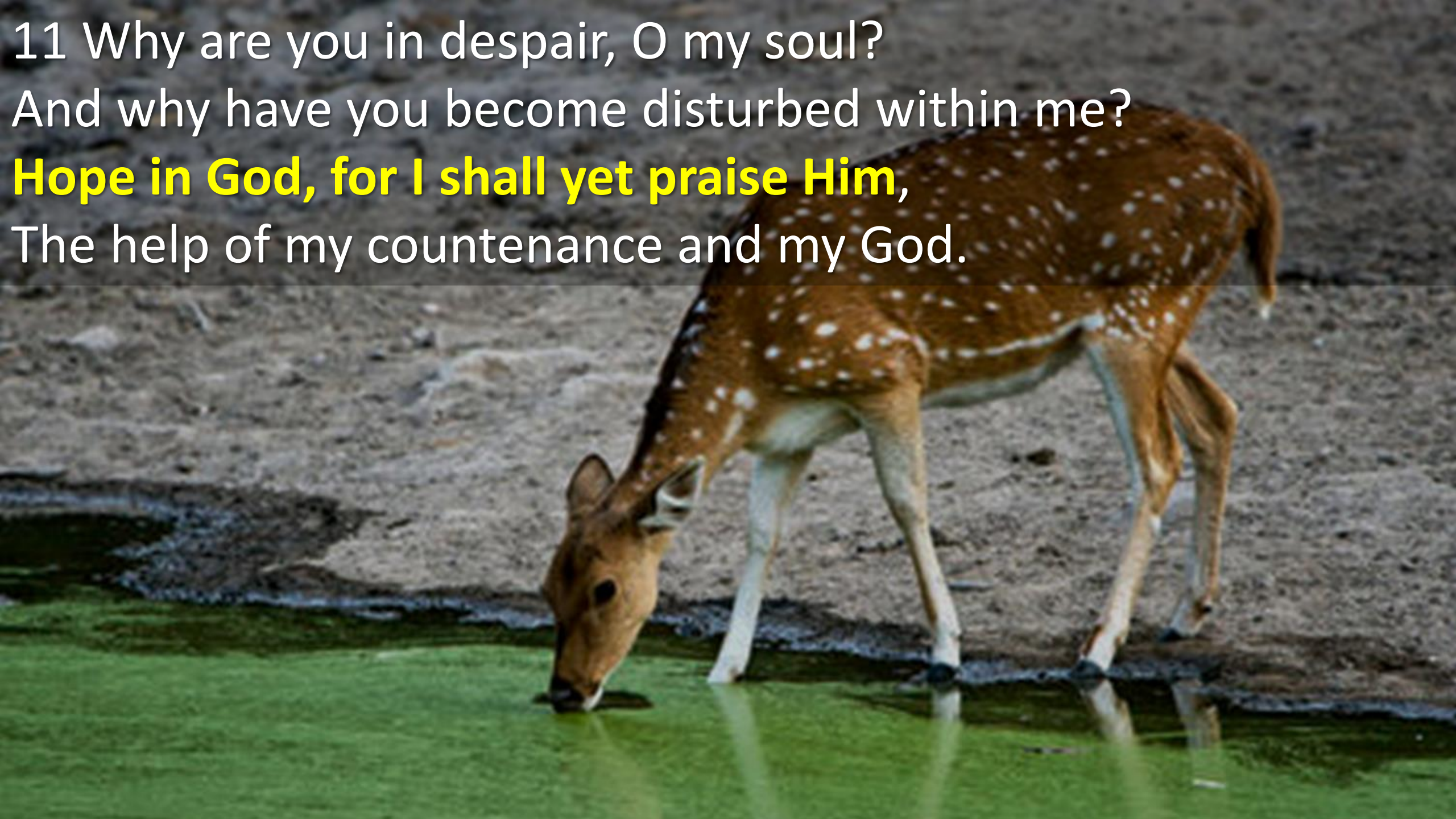


9 I will say to God my rock, **“Why have You forgotten me?
Why do I go mourning because of the oppression of the
enemy?”**

**10 As a shattering of my bones, my adversaries revile me,
While they say to me all day long, “Where is your God?”**



11 Why are you in despair, O my soul?
And why have you become disturbed within me?
Hope in God, for I shall yet praise Him,
The help of my countenance and my God.



Ps 42 As the deer **pants** for the water brooks, So my soul **pants** for You, O God.

Lament: 1- 4

2 My soul **thirsts** for God, for the living God; When shall I come and appear before God?

3 My tears have been my food day and night, **While they say to me all day long, "Where is your God?"**

4 These things **I remember** and I pour out my soul within me. *For I used to go along with the throng and lead them in procession to the house of God, With the voice of joy and thanksgiving, a multitude keeping festival.*

5 **Why** are you in despair, O my soul? And **why** have you become disturbed within me?

Hope:5

Hope in God, for I shall again praise Him. For the help of His presence.

6 O my God, **my soul is in despair within me**; Therefore **I remember You** from the land of the Jordan. And the peaks of Hermon, from Mount Mizar.

Lament: 6- 7

7 Deep calls to deep at the sound of Your waterfalls; All Your breakers and Your waves have rolled over me.

8 *The Lord will command His lovingkindness in the daytime; And His song will be with me in the night, A prayer to the God of my life.*

Hope:8

9 I will **say** to God my rock, "**Why** have You forgotten me? **Why** do I go mourning because of the oppression of the enemy?"

Lament: 9 - 10

10 As a shattering of my bones, my adversaries revile me, **While they say to me all day long, "Where is your God?"**

11 **Why** are you in despair, O my soul? And **why** have you become disturbed within me?

Hope:11

Hope in God, for I shall yet praise Him, The help of my countenance and my God.

Casting out the depression spirit – just snap out!





*If you have depression, you
are spiritually weak!*

Moses - Num 11: 14 I alone am not able to carry all this people, because it is **too burdensome** for me. 15 So if You are going to deal thus with me, **please kill me** at once, if I have found favor in Your sight, and do not let me see **my wretchedness.**"

A Song in the Night

Notice the questions and complaints?

Psalmist was very REAL with God.
He did not hold back his frustration (external issues)
nor hide his feeling (internal issues).

Because it is ok to be REAL with God!

A Song in the Night

Even when you are **feeling angry!**

- Good Christian never get angry?
- God expects us to get angry sometimes.
- Jesus never said “Don’t get angry”.
- He did say “Be angry and do not sin” (Eph 4:26)
- **Why?**
- Because anger is a natural response to emotional pain.
- Anger has the potential to take us deeper in intimacy with God **WHEN** we bring what hurts us to God for healing.

A Song in the Night

Even when you are **feeling desperate!**

- When you feel that *"I am not good enough"*.
- When you feel that you need HELP!
- Feeling of desperation **CAN** push us to our knees and closer to God.
- Desperation is **ONLY** a blessing when we allow God to exchange it with His love and plan.
- But **WATCH UP FOR PRIDE** ie *I can handle it or I don't want God to help me.*

A Song in the Night

Ps 42 – 4 ways of being real with God

- 1. He asked God why? – v9
- 2. He affirmed God's sovereign love.
- 3. He preached to his own soul.
- 4. He thirst for God.

A Song in the Night

Ps 42 – 4 ways of being real with God

- **1. He asked God why?**

V9 I will say to God my rock, “Why have You forgotten me? Why do I go mourning because of the oppression of the enemy?”

- **What he meant was:**

- It looked & felt like God had forgotten him.

- **Why is God silent? Is He real? PTO**

Theological Q	Responses
If I cannot see God, He is not real. (Why I cannot see God?)	<p>There are things that exist but cannot be seen ie values, thoughts, ideas.</p>
	<p>Category fallacy – assigning a property which applies only to an object of another category eg what is the colour of musical note. Nature of God is invisible.</p>
	<p>Some objects are partly visible – we do not see the 3 D objects in their entirety eg our body has parts we cannot see. YET we believe in what we do not really see.</p>
	<p>There are other ways of seeing ie other forms of awareness other than sensory perception eg Fear, Holy Presence.</p>

A Song in the Night

Ps 42 – 4 ways of being real with God

- **1. He asked God why?**

V9 I will say to God my rock, “Why have You forgotten me? Why do I go mourning because of the oppression of the enemy?”

- It is ok to be raw with our feeling with God. But do not stop there ie fleshly response.
- **Application = Allow** yourself to express your raw emotion with God because He knows our condition.

A Song in the Night

Ps 42 – 4 ways of being real with God

- 1. He asked God why? – Allow yourself to ask why.
- **2. He affirmed God's sovereign love.**
- 3. He preached to his own soul.
- 4. He thirst for God.

A Song in the Night

Ps 42 – 4 ways of being real with God

- **2. He affirmed God's sovereign love.**
- **V 8:** The Lord will command His lovingkindness in the daytime; And **His song** will be with me **in the night**, A prayer to the God of my life.
- **V5 & 11:** he calls God “my help and my God.”
- **He never stops believing in the absolute sovereignty of God over all his adversity. PTO**

1 As the deer pants for the water brooks, So my soul pants for You, O God. 2 My soul thirsts for God, for the living God; when shall I come and appear before God? 3 My tears have been my food day and night, while they say to me all day long, "Where is your God?" 4 I remember and I pour out my soul within me. **For I used to go along with the throng and lead them in procession to the house of God, With the voice of joy and the multitude keeping festival.**

PROBLEMS

PROMISES

5 Why are you in despair, O my soul? And why have you become despondent within me? **Hope in God, for I shall again praise Him for the help of His loving-kindness.**

PROBLEMS

PROMISES

6 O my God, my soul is in distress; my heart is afflicted, and my eyes are dim.

PROBLEMS

Therefore I remember Your loving-kindness, O God, and of the Jordan And the peaks of Hermon, from Mount Mizar. 7 Deep calls to deep of Your waterfalls; All Your breakers and Your waves have roared evermore.

PROMISES

8 The Lord will command His loving-kindness in the destiny. And His con-

While he expressed his raw emotion (flesh), he also reminded himself the love of God (Spirit) lest he made wrong conclusion.

they say to me all day long, "Where is your God?"

11 Why are you in despair, O my soul? And why have you become despondent within me?

PROBLEMS

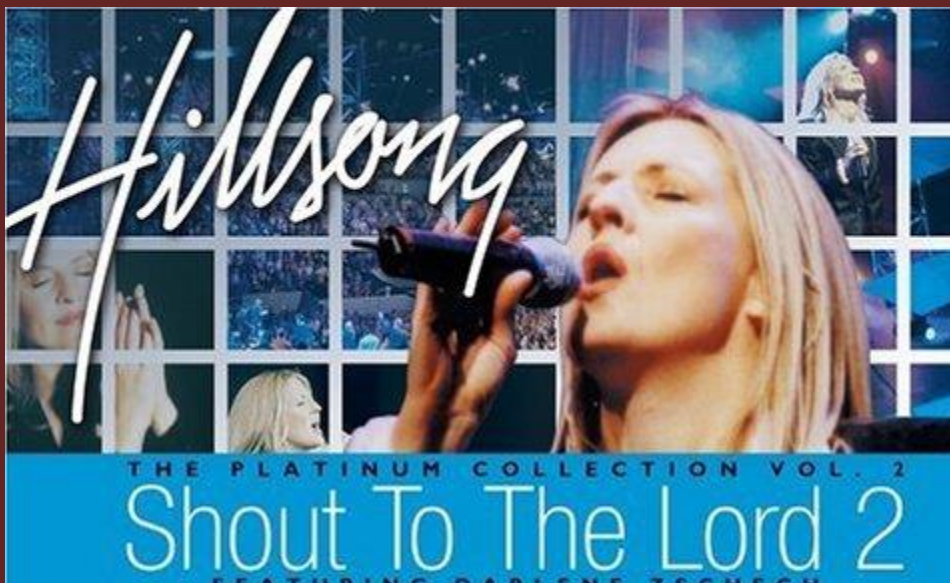
Hope in God, for I shall yet praise Him, The help of my counting on Him, O God.

PROMISES

A Song in the Night

Ps 42 – 4 ways of being real with God

- **2. He affirmed God's sovereign love.**
- He never stops believing in the absolute sovereignty of God over all his adversity.
- **Application** = Assure yourself of His love in your life!
(in song – pto)



1993, at age 28, she was experiencing frightfully “dark” days. The tax burdens were exceedingly heavy. Read Ps 96. Led to praise.
<https://www.staugustine.com/article/20150625/LIFESTYLE/306259959>



Written by John Newton, a former sailor and slave trader who later became a minister and abolitionist. He looked at his own life as inspiration that God saves those who repent, no matter what they do.

3 Songs, Same reason.

**REAL with their pain!
REMINDER of His love!**

It is well with my soul

Written after traumatic events in Spafford's life ie lost of 4 daughters. Inspired to write as his ship passed near where his daughters had died.

https://en.wikipedia.org/wiki/It_Is_Well_with_My_Soul

A Song in the Night

Ps 42 – 4 ways of being real with God

- **2. He affirmed God's sovereign love.**
- He never stops believing in the absolute sovereignty of God over all his adversity.
- **Application** = Assure yourself of His love in your life!
(with a song in the night?)

A Song in the Night

Ps 42 – 4 ways of being real with God

- 1. He asked God why?
 - Allow yourself to ask why
- 2. He affirmed God's sovereign love.
 - Assure yourself of God's love
- **3. He preached to his own soul.**
- 4. He thirst for God.

A Song in the Night

Ps 42 – 4 ways of being real with God

- **3. He preached to his own soul.**
- **V 5:** Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall again praise Him. For the help of His presence .
- **Most of our unhappiness in life**
 - listening to ourselves instead of talking to ourselves?

Negative Self-Talk



A Song in the Night

Ps 42 – 4 ways of being real with God

- **3. He preached to his own soul.**
- Psalmist = *“Self, listen for moment, I will speak to you – Hope in God!”*
- We must learn to preach the gospel of HOPE to ourselves.
- *Eg during army road match, body speaks to me....why am I here?*

A Song in the Night

Ps 42 – 4 ways of being real with God

- **3. He preached to his own soul.**
- **Application – Address the self talk.**

Prov 18:21 Death and life are in the power of the tongue, and those who love it will eat its fruit.

SPEAK LIFE!

I Matter. I Am Loved. I Can Make It
I'm Hanging In There. I Will Not Give Up.

I Am Blessed. I Am A Winner.

I Am More Than A Conqueror.

I Have Favor With God And With Man.

I Am Strong. I Am Healed. I Am Whole.

I Can Do This. Yes I Can.

ADDRESS negative self talk with Scripture

When you hear:

Replace it with:

I am nothing special.

I am God's workmanship! Eph 2:10

I am not good enough.

I have been chosen by God to bear fruit. John 15:1-5

I'll never accomplish anything worthwhile.

I have a divine purpose and calling. Eph 2:10 & Col 1:9

I am feeling defeated. I should just give up.

I am victorious! I can overcome! 1 John 5:4

I am too broken and distraught to go on.

I have a heart & mind that is protected with God's peace. Phil 4:7

I am stuck in this unhealthy place.

I am set free! Rom8:2 & John 8:32

A Song in the Night

Ps 42 – 4 ways of being real with God

- 1. He asked God why?
 - Allow yourself to ask why
- 2. He affirmed God's sovereign love.
 - Assure yourself of God's love
- 3. He preached to his own soul.
 - Address the self talk.
- 4. He thirst for God.

A Song in the Night

Ps 42 – 4 ways of being real with God

- **4. He thirst for God.**
- V1–2: As the deer pants for the water brooks, so my soul pants for You, O God. 2 My soul thirsts for God, for the living God; when shall I come and appear before God?
- What was he NOT thirsting for?

A Song in the Night

Ps 42 – 4 ways of being real with God

- **4. He thirst for God.**
- **He was not thirsting for :**
 - relief from his threatening circumstances
 - or escape from his enemies or for their destruction.
- **He was thirsting for God Himself. 4x**
- V1–2: As the deer pants for the water brooks, so my soul pants for You, O God. 2 My soul thirsts for God, for the living God; when shall I come and appear before God?

A Song in the Night

Ps 42 – 4 ways of being real with God

- **4. He thirst for God.**
- **Application:** Aid yourself to thirst for more of Him.
*le Turn every pain, disappointment, setback into
“salt” for your thirst for God.*

A Song in the Night

Ps 42 – 4 ways of being real with God

- **4. He thirst for God.**
- 2008 – a time of change from God
- 2008 – a year of being misunderstood
- 2008 – a year of pain and “stabs”
- Uncontrollable tears and pain
- Hokkien song

Jesus knows my heart - translation

Jesus knows my heart,
He comforts and He blesses me with life.
He blesses me with Peace,
He blesses me with Joy.
Even as I walk through stormy path.
He knows and He understands.
He wipes away my tears, He gives me
security.

https://www.youtube.com/watch?v=srZjm5Oe_FA&list=PLDIHY0Rv6kmp7uRj9LdLW0s2g5Rh_TwW7



The wind blew. The storm came.
But I stood unmoved.
He holds me, He loves me. He
watches over me forever.
He is my faith. He is my help. He is
my strength.
Jesus is very good to me.

My PAIN = My THIRST

A Song in the Night

Ps 42 – 4 ways of being real with God

Psalmist's responses:

- 1. He asked God why?
- 2. He affirmed God's sovereign love.
- 3. He preached to his own soul.
- 4. He thirst for God.

Our applications:

- Allow yourself to ask why
- Assure yourself of His love
- Address the self-talk
- Aid yourself to worship

A Song in the Night

Direct your pains
as “salt” to your thirst for God.

AS THE DEER

[Verse 1]

As the deer panteth for the water
So my soul longs after You
You alone are my hearts desire
And I long to worship You

[Refrain]

You alone are my strength, my shield
To You alone may my spirit yield
You alone are my hearts desire
And I long to worship You

[Verse 2]

I want You more than gold or silver
Only You can satisfy
You alone are the real joy giver
And the apple of my eye

[Verse 3]

You're my friend and You're my brother
Even though you are a King
I love You more than any other
So much more than anything

As the hart panteth after the
water brooks, so panteth my
soul after thee, O God.

Psalms 42:1

