



Fading Light: When Darkness Sets In

Psalms 42-43



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Signs of Depression.

- Emotional
- Mental
- Volitional
- Physical
- Spiritual

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Roots of Depression.

- Spiritual
- Physical
- Temperamental
- Situational

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Responses to Depression.

Unhelpful

- Do nothing
- Do something ... *alone*
- Do something ... *rash*
- Give up

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Responses to Depression.

Unhelpful

Helpful

- Speak to **GOD** (42:1, 6b-7, 9; 43:1-3)
- Speak to **OTHERS** (42:2, 4, 8, 10)
- Speak to **YOURSELF!**

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Responses to Depression.

Unhelpful

Helpful

Preach to yourself! (42:5-6a, 11; 43:5)

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Responses to Depression.

“We must talk to ourselves instead of allowing ‘ourselves’ to talk to us!”

–D. Martyn Lloyd-Jones

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Responses to Depression.

“... most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself!”

–D. Martyn Lloyd-Jones

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Responses to Depression.

Challenge your ...

- ▶ Mood: “cast down”
- ▶ Self-talk: “turmoil”
- ▶ Outlook: “*Hope in God!*”
- ▶ Source: “*Hope in God!*”
- ▶ Mental picture: “I shall again ...”

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Responses to Depression.

Matthew 12:20

Isaiah 41:10

Psalms 16:5

Psalms 16:11

Psalms 73:26

Revelation 21:4

1 Cor. 15:58

Psalms 3:3

Hebrews 7:25

Psalms 23

Psalms 34

Psalms 131

Isaiah 40

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Responses to Depression.



