



**“BLOW AWAY THE
BLACK CLOUD
OF DEPRESSION”**

Psalm 42&43

PSALM 43:5

Why are you down in the dumps, dear soul? Why are you crying the blues? Fix my eyes on God-soon I'll be praising again. He puts a smile on my face-

He's my God

He puts a smile on my face

He's my God

INTRODUCTORY REMARKS

1. Depression according to the world health association is the number two

leading disabler of people in the western world

2. There are about 312 or 313 million people in the United States and in any given time there are between 30 and 40 million of them that are depressed.

II. Depression Defined

Someone said that it is taking a lot of diseases and mixing them together and putting them in a wastebasket.

Depression, I think, is you take a life and you stick a pin in it and all the air comes out all the passion all the zeal all the zest comes out

That is the reason depression can be called a crushed spirit

II. Depression Defined

When you choose to surround yourself with people who are opposing you and questioning you

Christians can be depressed.

Charles Spurgeon the great evangelist in the past century fought depression.

Psalm 43:1 Oh deliver me from the deceitful and unjust person

III. The Symptoms of Depression

1. Dryness

Psalm 42:1

As the deer pants for the water brooks so my soul
pants for you oh God

My soul thirsts for God the for the living God when
shall

I come and appear before God

III. The Symptoms of Depression

2. Drowning

Psalm 42:7 deep calls to deep at the sound of your waterfalls all the breakers and your waters have rolled over me.

3. We lose heart

Psalm 43:2 For you are the God of my strength; why have you rejected me

Why do I go mourning because of the oppression of the enemy?

III. The Cure for Depression

Psalm 43: 3a- O send out your light

1. Let it go, you bring it all out in the **light**

2. **Remember** the better days when God was there

Psalm 42:4 “These things I remember

Psalm 42: 6 “Therefore I remember You

3. You talk to **yourself** (self-talk) Ps.42:5

III. The Cure for Depression

4. There is a big difference between a mistake and poor choices

The example of two people walking in the forest with different motives

5. He chose the precepts of God-that's the Word of God

Ps.43: 3 “send your truth”

He chose the person of God

III. The Cure for Depression

6... He chose the people of God

Ps.43:4 Then I will go to the altar of God to God my
exceeding joy and upon the lyre I shall praise You,
O God, my God

III. The Cure for Depression

Ps.43:7... He chose to praise God

Verse 8 Yet day by day the Lord also pours out his steadfast love upon me, and through the night I sing his songs and pray to God who gives me life.

Then he says to God my exceeding joy and upon the lyre I shall praise You O God

To Summarize- Steps we need to take to cause the black cloud of depression to blow away

1. You've got to change your choices
2. You've got to choose the person of God
3. You've got to choose the presence of God

To Summarize- Steps we need to take to cause
the black cloud of depression to blow away

4. You've got to choose the precepts of God He will
put you on the right path

5. You will have to choose the people of God
That is corporate worship together

6. You have to choose to praise God

YOU CAN'T BE DEPRESSED WHEN YOU ARE ALWAYS BEING BLESSED

IV. Jesus sending out the apostles 2X2 (Mark 6:7)

1. When they returned Jesus told them to come apart
and rest

Vance Havner “If you don’t rest you’ll come apart”

2. One symptom of depression is that you want to
sleep all the time

YOU CAN'T BE DEPRESSED WHEN YOU ARE ALWAYS BEING BLESSED

3. The theme of Ezekiel (Ezekiel 2:2 and 3:24)

“The Spirit of the Lord came upon me and stood me
on my feet

4. We can be on the “go” all the time because we don't
want to face the depths of our despair

YOU CAN'T BE DEPRESSED WHEN YOU
ARE ALWAYS BEING BLESSED

5. Elijah is the classic illustration of a depressed
person in the Bible

I Kings 19:5-8

The Angel appeared to give him some food and
ordered him back to sleep

POINT TO PONDER

When we are depressed some of us need to go to sleep
others of us need to wake up

He puts a smile on my face because

He's my God

“Say it with me”