



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

Psalm 42&43

Oh McDonald Had a Farm

Why so downcast oh my soul

Put your hope in God

Why so downcast oh my Soul

Put your hope in God

With a why why here

here why everywhere why why

why so downcast oh my soul

Put your hope in God

PSALM 43:5

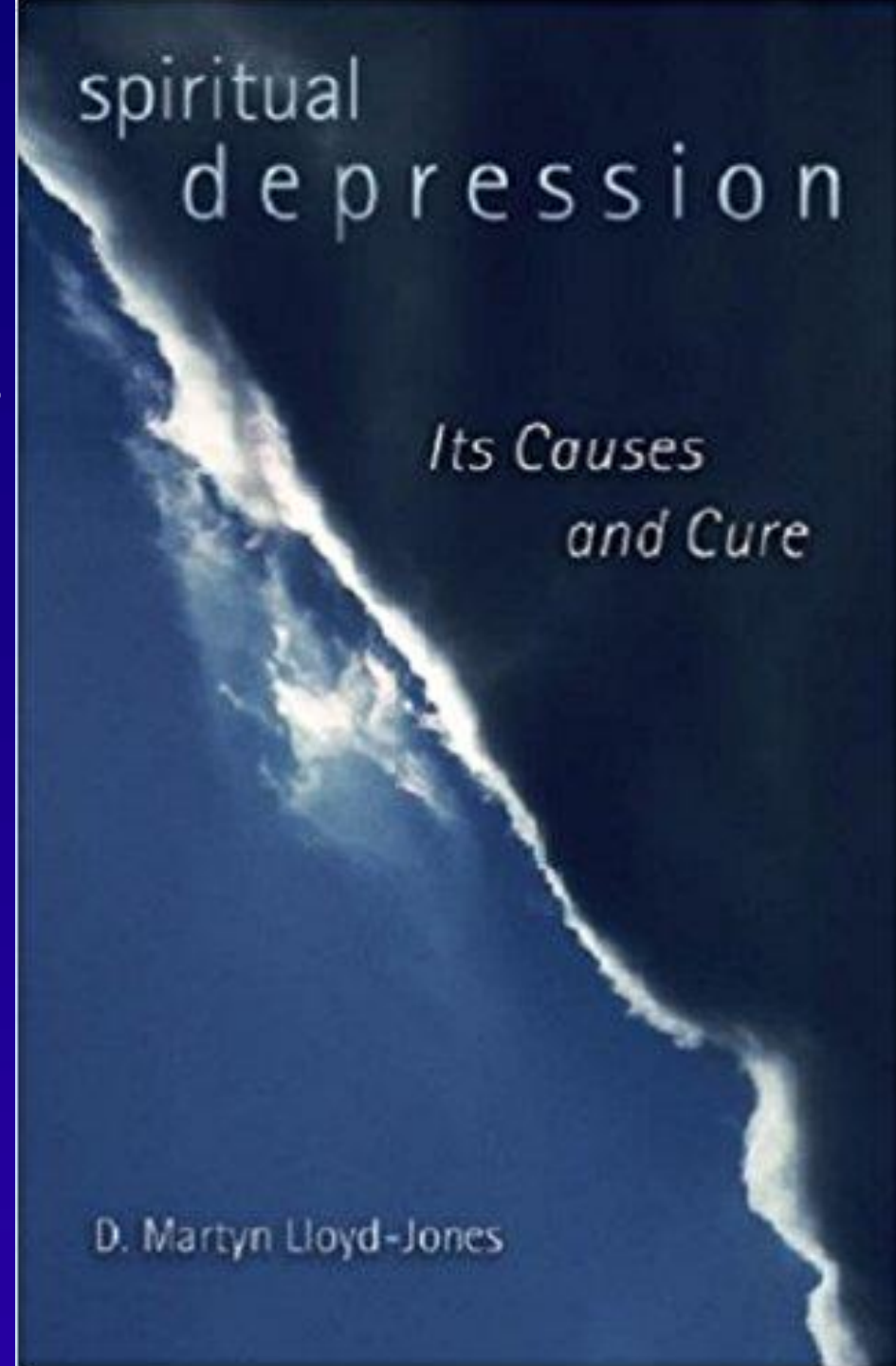
Why are you down in the dumps, dear soul? Why are you crying the blues? Fix my eyes on God-soon I'll be praising again. He puts a smile on my face-

He's my God

He puts a smile on my face

He's my God

**“I believe that this book is
one of the most
outstanding books that
has ever
been written”
George Verwer**



I. The Reality of Depression

The Three Spiritual Flaws

1. "It's all in your head"
2. "Christians should never be depressed"
3. "If you are depressed, it means you are unspiritual or immature"

II. Reasons for Spiritual Depression

1. Unfulfilled expectations (see Psalm 42:1-4)
2. Criticism (see Psalm 42:3, 10; 43:2)

Whenever you suffer for doing right, but you're mocked because of it, it produces anxiety

II. Reasons for Spiritual Depression

3. Accumulation—one struggle after another
(see Psalm 42:7)

2 Corinthians 11:27-28

Daily pressure that adds up

4. Recollection—the wrong use of your past
(see Psalm 42:4)

II. Reasons for Spiritual Depression

Memories of better days, what it used to be like

The past will either become a rudder to guide you or an anchor to hold you back

Huge attraction to the "good old days"

5. Preoccupation with yourself

III. Remedies for Spiritual Depression

1. Replace your thoughts with His truth

The psalmist talked to himself (see Psalm 42:5,
11; 43:5)

"We must talk to ourselves instead of allowing
'ourselves' to talk to us!... Most of your
unhappiness in life is due to the fact that you are
listening to yourself instead of talking to
yourself" —Dr. Martyn Lloyd-Jones

III. Remedies for Spiritual Depression

2. Replace yourself with your God

"Look around and be distressed. Look within and be depressed. Look to Jesus and be at rest"

—Corrie ten Boom

III. Remedies for Spiritual Depression

3. Replace your past with your future

Philippians 3:13

Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead,

Revelation 21-22 is your future

IV. Closing Thoughts

If you are experiencing depression, you are not a failure—you are a fellow member of the human race

"I am now the most miserable man living.... Whether I shall ever be better I cannot tell; I awfully forebode I shall not" —Abraham Lincoln

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