

“Send forth your light and your truth, let them guide me; let them bring me to your holy mountain, to the place where you dwell. Then will I go to the altar of God, to God, my joy and my delight. I will praise you with the harp, O God, my God.” Psalm 43:3-4

“The person who talks to himself is not crazy; it’s the person who listens to himself who is in trouble.”

“Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.” (3X) Psalm 42:5, 11; 43:5

“Disturbed” Heb. HAMAḤ “to roar, make noise, sound off”

“Hope” Heb. YACHAL “to wait in hopeful anticipation”

“Praise” Heb. YADAḤ “to raise a hand in worship”

“My God” Heb. PANIM “countenance, face”

“Put your hope in God, for I will yet praise him, my Savior and my God.”

Literally, “Wait in hopeful anticipation of God. I will raise a hand in hopeful anticipation of the salvation that comes from seeing His face.”

*LIFE*Group Study Guide **QUESTIONS**

Our LIFEGroups are 8-12 people meeting in homes during the week with the value to love God, love each other and love our neighbors for Jesus’ sake.

1. Have you ever been depressed? What did it feel like? What result did it have on you?
2. What parts of Psalm 42, 43 sound depressed?
3. How did the writer of these Psalms deal with depression? See Psalm 42:5, 11; Psalm 43:5

Songs for the Journey - #3

Fred A. Hartley III, *Lead Pastor* • March 7, 2010 • **Lilburn Alliance Church**

Download the podcast of this message at www.lilburn4Jesus.com.

How to Sing the Blues

Psalms 42-43 (Church Bible p. 556-557)

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

Psalm 42:5

“Why are you crying the blues?” The Message

Emotionally Depleted

“My tears have been my food.” Psalm 42:3

“Why must I go about mourning?” Psalm 42:9

Socially Rejected

“People say to me all day long, ‘Where is your God?’” Psalm 42:3

Mentally Drained

“I pour out my soul.” Psalm 42:4

Psychologically Discouraged

“My soul is downcast within me.” Psalm 42:5

Relationally Cut off

“Why have you forgotten me?” Psalm 42:9

Physically Spent

“My bones suffer mortal agony.” Psalm 42:10

Spiritually Depressed

“Why have you rejected me?” Psalm 43:2

The answer for spiritual depression is a fresh encounter with the manifest presence of God.

“As the deer pants for streams of water, so my soul pants for you, O God. My soul thirsts for God, for the living God. When can I go and meet with God?” Psalm 42:1-2