

# The Four D's: "Spiritual Depression"

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## FOR FURTHER STUDY

The Book of Psalms is one of the most practical books in all the Bible. I believe they are loved because they are so emotional and deal with issues that all of us face everyday. For good or bad, the 150 Psalms leave little to the imagination - blunt, hard hitting, reality.

The Psalm are poems, prayers, and songs that were used during times of public and private worship. Some Psalms are historical and some are figurative. For example, Psalm 6:6 is figurative when it declares, "David made his bed to swim and dissolved his couch with tears". Again in Psalm 98:8, "Rivers clap their hands and mountains sing for joy".

## AUTHORSHIP

Of the 150 Psalms recorded in the book, 73 are attributed to David. In the New Testament, writers associate him with the writing of two other Psalms bringing the total to 75. Others who contributed to the writing of the other 75 Psalms include:

- . Jeduthun - Psalm 39, 62, 67
- . Asaph - Psalm 50, 73-83
- . One of the Sons of Korah - Psalm 42, 44-49, 84,85, 88
- . Solomon, Moses, Ethan, and Heman also made contributions.

## THE HEADING OF PSALM 42

Psalm 42 was written to the "Chief Musician: A Maskil of the Sons of Korah." The Sons of Korah were Levite Priests who were in charge of the ministry of singing. 2 Chronicles 20:19 says, "The Korahites stood up to praise the Lord, the God of Israel, with a loud voice".

The meaning of the term "maskil" is somewhat unclear. In the original Hebrew, the word means, "to have insight". Of the 150 Psalms, ten of them would fall under the heading of a "maskil" Psalm, or an "insight" Psalm. That includes Psalm 42.

## OVERVIEW OF PSALM 42

- . Verse 3 - The enemies are saying, where is your God?
- . Verse 3, 4 - He realizes that he was once a spiritual giant, but not now.
- . Verse 5, 11 - He is "cast down" and in "turmoil".
- . Verse 7 - He is now weeping night and day
- . Verse 7 - He believes all of creation is now against him.
- . Verse 10 - He even questions God's faithfulness.

## MODERN DAY CAUSES OF DEPRESSION

Sickness, disease, pessimistic thinking, guilt, regrets, disappointment in others, unrealistic expectations, loneliness, adversity, death, spiritual confusion, lack of God's presence, feelings of failure, past sin, listening to yourself.

## BIBLE CHARACTERS WHO WERE DEPRESSED/ OTHERS IN HISTORY

Elijah (1 Kings 19) David (Psalms) Jeremiah (Jeremiah and Lamentations) Jonah (Jonah 4) Job (Book of Job) Saul (1 Samuel 16) Charles Spurgeon, John and Charles Wesley, Martin Luther, and many, many more.

## **THE CURE FOR DEPRESSION IN PSALM 42**

**1. He asked God an unfair question that God understood and answered. The question of "Why?"**

See verse 8, also Job 6:26

**2. He convinces himself that God really does love him.**

Verse 5, 11 - He calls God his "salvation" and "my God".

Verse 7 - He understood that God allows and controls everything that happens to our lives

**3. He talked to himself rather than listening to himself.**

Verse 5 - How much of our depression is the result of listening to ourselves rather than speaking to ourselves. We must remember to speak the Word of God to ourselves daily. A good place to start is Romans 8:28-39.

**4. He remembered how good life was before depression came.**

Verse 4

**5. He began to sing, praise, and worship God.**

Verse 8

**6. He desired to have a life-long thirst for God, not just temporary relief from circumstances.**

Verse 1, 2