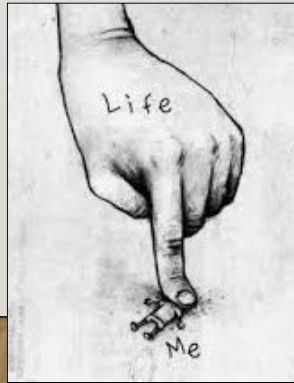


PSALMS 42 & 43

DEALING WITH DEPRESSION

HOPE CHURCH, JULY 2016

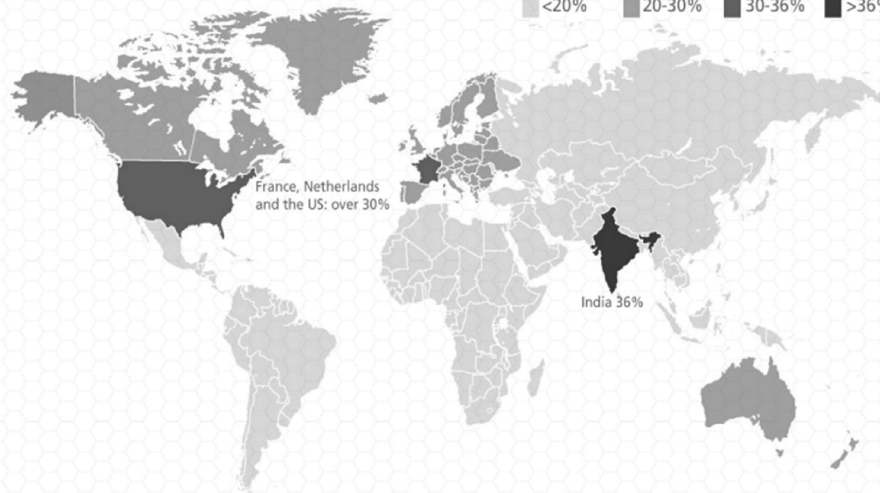


DEPRESSION STATS

An estimated **121 million people** around the world currently suffer from some form of depression.

Major Depressive Episode (MDE) reported:

<20% 20-30% 30-36% >36%

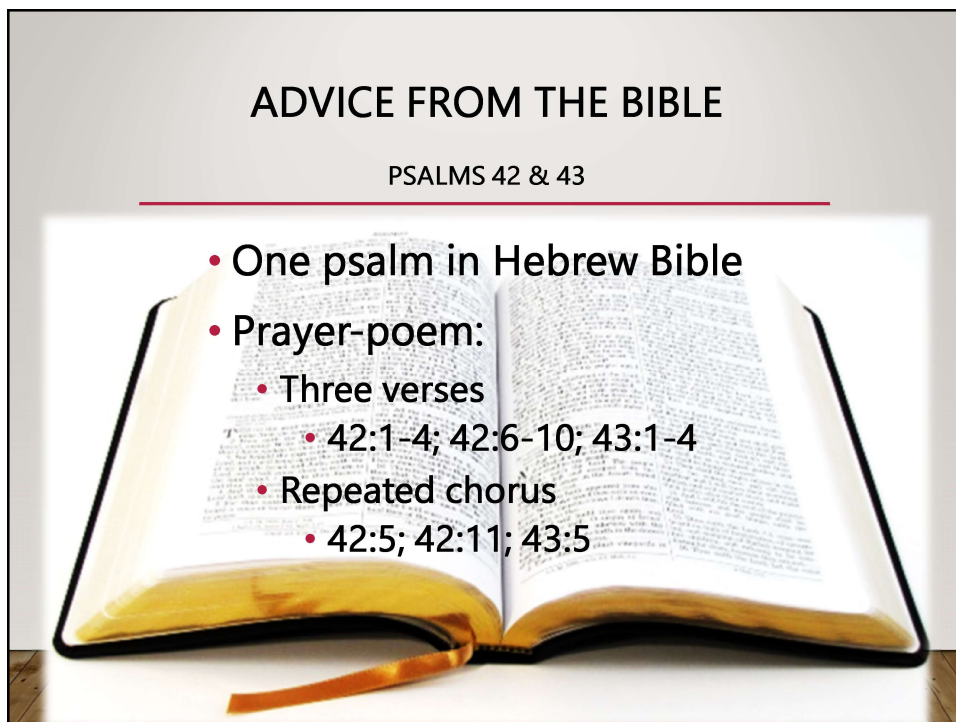




ADVICE FROM THE BIBLE

PSALMS 42 & 43

- One psalm in Hebrew Bible
- Prayer-poem:
 - Three verses
 - 42:1-4; 42:6-10; 43:1-4
 - Repeated chorus
 - 42:5; 42:11; 43:5



INSIGHTS INTO DEPRESSION

VERSE 1: (PSALM 42:1-4)



INSIGHTS INTO DEPRESSION

VERSE 2: (PSALM 42:6-10)



INSIGHTS INTO DEPRESSION

VERSE 3: (PSALM 43:1-4)



THE PSALMIST'S SOLUTION

REPEATED CHORUS (PSALM 42:5, 42:11, 43:5)

- *"Why are you so **downcast**, O my soul?
Why are you so **disturbed** within me?"*
- *"**Put your hope in God**,
for I shall again praise him,
my saviour and my God."*

HOPE
HOLD ON, PAIN ENDS.

THE PSALMIST'S SOLUTION

REPEATED CHORUS (PSALM 42:5, 42:11, 43:5)

"Put your hope in God, for I shall again praise him, my saviour and my God."

- "... my saviour and my God"
 - Yeshua
- "Put your hope in God..."
 - Hope is a choice, not a feeling
- Do it often, whenever needed



MORE GOOD ADVICE

JEREMIAH (LAMENTATIONS 3:1-23)

- Verses 1-18: Inner thinking
- Verse 20: Continually thinking like this makes him depressed
- Verse 21: *"**BUT** this I call to mind and therefore I have hope..."*


WHAT ????

MORE GOOD ADVICE

JEREMIAH (LAMENTATIONS 3:1-23)

*“The steadfast love of the Lord never ceases;
his mercies never come to an end;
they are new every morning;
great is your faithfulness.”*

(Lamentations 3:22-23)

A vibrant sunset sky with a large, multi-colored rainbow arching across the top. The sky transitions from deep blue at the top to bright orange and yellow near the horizon, with scattered white and grey clouds.

*“May the God of hope fill you with all joy
and peace as you trust in him, so that by
the power of the Holy Spirit you may
overflow with hope.”*

(Romans 15:13)