

## "I've Got a Problem with Depression" Psalm 42

Psalm 42 was written by someone who knew how it felt to be \_\_\_\_\_. This Psalm was written so that those who have not been depressed might know how it \_\_\_\_\_ and so that those who do suffer with depression might know how to \_\_\_\_\_ with it.

Depression is a feeling of \_\_\_\_\_ and hopelessness. It is the feeling that nobody \_\_\_\_\_ about you and nobody really \_\_\_\_\_ what you're going through.

Many of the greatest \_\_\_\_\_ in the Bible suffered with depression including Moses, \_\_\_\_\_, Jeremiah, Job, \_\_\_\_\_, John the Baptist, and \_\_\_\_\_.

### 1. The \_\_\_\_\_ of Depression.

- A. Absence from the \_\_\_\_\_ of God. 42:1-2
- B. Persecution by \_\_\_\_\_. 42:3, 10
- C. Memories of \_\_\_\_\_ Days. 42:4
- D. The Overwhelming \_\_\_\_\_ of Life. 42:7

### 2. The \_\_\_\_\_ of Depression.

- A. Spiritually \_\_\_\_\_. 42:1-2
- B. Emotionally \_\_\_\_\_. 42:3-4
- C. Physically \_\_\_\_\_. 42:6-7, 10

### 3. The \_\_\_\_\_ for Depression.

- A. Stop Looking at Yourself & Start Looking to \_\_\_\_\_.
- B. Stop Looking at the Past & Start Looking to the \_\_\_\_\_.
- C. Stop Searching for Reasons & Start Resting on \_\_\_\_\_.

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