

SUNDAY May 3	 PM Storms	83° 55°	 40%	▼
MONDAY May 4	 Partly Cloudy, Still Warm	75° 50°	 0%	▼
TUESDAY May 5	 Light Rain	58° 50°	 60%	▼
WEDNESDAY May 6	 Mostly Cloudy	70° 44°	 20%	▼
THURSDAY May 7	 Partly Cloudy	62° 44°	 0%	▼
FRIDAY May 8	 Showers	62° 42°	 30%	▼
SATURDAY May 9	 Partly Cloudy	62° 42°	 20%	▼

Lifting the Clouds of Discouragement Psalm 42 and 43

Psalm 42:3-5 (HCSB)

My tears have been my food day and night, while all day long people say to me, "Where is your God?" I remember this as I pour out my heart: how I walked with many, leading the festive procession to the house of God, with joyful and thankful shouts. Why am I so depressed? Why this turmoil within me? Put your hope in God, for I will still praise Him, my Savior and my God.

Psalm 43:2-5

For You are the God of my refuge. Why have You rejected me? Why must I go about in sorrow because of the enemy's oppression? Send Your light and Your truth; let them lead me. Let them bring me to Your holy mountain, to Your dwelling place. Then I will come to the altar of God, to God, my greatest joy. I will praise You with the lyre, God, my God. Why am I so depressed? Why this turmoil within me? Put your hope in God, for I will still praise Him, my Savior and my God.

I. Everyone is vulnerable to discouragement and depression.

Psalm 42:3,6,9,11

My tears have been my food day and night.
I am deeply depressed.
Why have You forgotten me?
Why am I so depressed? Why this turmoil within me?

Numbers 11:14–15 (HCSB)

"I can't carry all these people by myself. They are too much for me. If You are going to treat me like this, please kill me right now. If You are pleased with me, don't let me see my misery anymore."

1 Kings 19:4-5 (NIV)

He (Elijah) came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." Then he lay down under the bush and fell asleep.

"Depression followed me around like a black dog all of my life." – Winston Churchill

II. It is not a Sin to be discouraged or depressed.

2 Corinthians 7:5-7 (NASB)

For even when we came into Macedonia our flesh had no rest, but we were afflicted on every side: conflicts without, fears within. But God, who comforts the depressed, comforted us by the coming of Titus

Psalm 34:18

The LORD is close to the brokenhearted and saves those who are crushed in spirit.

III. There is always Hope in the midst of discouragement and depression.

- Look Back and see God's Faithfulness

Psalm 42:4,6

I remember this as I pour out my heart: how I walked with many, leading the festive procession to the house of God, with joyful and thankful shouts. I am deeply depressed; therefore I remember You from the land of Jordan

Psalm 77

In my day of trouble I sought the Lord. My hands were lifted up all night long; I refused to be comforted. You have kept me from closing my eyes; I am troubled and cannot speak. I will remember the LORD's works; yes, I will remember Your ancient wonders. I will reflect on all You have done and meditate on Your actions. What god is great like God?

- Look Around and see God's Love

Verse 8 - The LORD will send His faithful love by day; His song will be with me in the night--a prayer to the God of my life.

- Look Ahead and see God's Deliverance

Psalm 43:3-5 (HCSB)

Send Your light and Your truth; let them lead me. Let them bring me to Your holy mountain, to Your dwelling place. Then I will come to the altar of God, to God, my greatest joy... Put your hope in God, for I will still praise Him, my Savior and my God.



"It would be a very sharp and trying experience to me to think that I have an affliction which God never sent me, that the bitter cup was never filled by his hand, that my trials were never measured out by him, nor sent to me by his arrangement."

"As long as I trace my pain to accident, my bereavement to mistake, my loss to another's wrong, my discomfort to an enemy, and so on, I am of the earth, and shall break my teeth with gravel stones; but when I rise to my God and see his hand at work, I grow calm, I have not a word of repining."

"Glory be to God for the furnace, the hammer and the file. Heaven shall be all the fuller of bliss because we have been filled with anguish here below; and earth shall be better tilled because of our training in the school of adversity."

- Charles Haddon Spurgeon