

THE COUNSELOR'S COUCH: A Dark and Stormy Night

PSALM 42-43

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■ Central Church

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■ Social Media: #Counselor'sCouch

God's Word Reveals

The Way Up When You're Down:

1. Understand Depression's _____ (1, 3, 5-7, 9, 10).

2. Diagnose Depression's _____ (2-4, 6, 7, 10, 43:2).

3. Pursue Depression's _____ (1, 3-4, 7, 11, 43:5).

Psalm 42-43 (ESV)

As a deer pants for flowing streams, so pants my soul for you, O God. ²My soul thirsts for God, for the living God. When shall I come and appear before God? ³My tears have been my food day and night, while they say to me all the day long, "Where is your God?" ⁴These things I remember, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival. ⁵Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation ⁶and my God. My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar. ⁷Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me. ⁸By day the Lord commands his steadfast love, and at night his song is with me, a prayer to the God of my life. ⁹I say to God, my rock: "Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?" ¹⁰As with a deadly wound in my bones, my adversaries taunt me, while they say to me all the day long, "Where is your God?" ¹¹Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God. ⁴³Vindicate me, O God, and defend my cause against an ungodly people, from the deceitful and unjust man deliver me! ²For you are the God in whom I take refuge; why have you rejected me? Why do I go about mourning because of the oppression of the enemy? ³Send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling! ⁴Then I will go to the altar of God, to God my exceeding joy, and I will praise you with the lyre, O God, my God. ⁵Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

Biblical Counseling Homework:

1. Develop a creed that you will read and preach to yourself throughout the day. Make this creed filled with scriptures that will speak truth and light when you find yourself in the dark. Keep your creed with you and preach it often.
2. Join a shepherd group. The purpose behind this is to have the fellowship of other struggling brothers/sisters. If you would like to do this, send a text to 901-444-3890.
3. Create a list of 5 things you will do to nurture a fresh hunger for God. Next Create a plan to routinely walk in them.
4. Pray this prayer: *"Father, thank you for these hard days. I thank you that even though I do not always see your purpose, I know that you are working to conform me into the image of your perfect Son. So thank you and help me to trust you through my pain. I pray that you would give me the grace to get busy in the cure you have shown me. In Jesus's name, I pray, Amen."*

APPLICATION QUESTIONS

1. Today, Pastor Matt gave a summary of depression's character. What feelings in that list of "depression's character" stuck out as something you've experienced? Would you share the situation where you felt the depression the Psalmist felt?
2. Psalm 42 listed multiple causes of depression, mostly surrounding challenging situations. However, there can be Satanic, sinful, and systemic (physical/health) causes beyond the circumstances of life. God made man as a physical-spiritual being. What are the physical activities that could lead to depression? What about actions that could lead to depression?
3. **Read Romans 8:28-30.** In verse 7, we saw possessive pronouns connected to the *breakers* and *waves* (symbolizing our trials). In other words, these trials and troubles actually belong to God! He is sovereign over their size and frequency. How does that thought help us amid our depressing problems?
4. Do you find yourself listening to the wrong voice in your head? In verses 7, 11, and 43:5, the Psalmist preaches to his own heart. What would it look like for you to start preaching to yourself?
5. All of us know someone battling depression. How will you seek to help those individuals?

Quote for the Week. . .

by Allan Redpath



"There is no circumstance, no trouble, no testing, that can ever touch me until, first of all, it has gone past God and past Christ, right through to me. If it has come that far, it has come with great purpose."