

**Do You Ever Feel Depressed?**  
**Psalm 42-43 (treated as one teaching, one song/prayer)**  
*Grace Fellowship Church/Pastor Brian Fannin/ August 20, 2017*

**Faithless complaining** is called *grumbling* and we are warned not to do that (see loneliness message). Faithless complaining is sinful because it accuses God of doing wrong.

But **LAMENTING is faith-focused complaining and it does not impugn God with wrong.** It is an honest, groaning expression of what it's like to experience deep pain and loss.

Grief (sadness) is depression in proportion to circumstance. Depression is grief out of proportion to circumstance. ~ Andrew Solomon

There are three sources of depression; circumstance, chemistry, spiritual;

It is wrongfully assumed that biblical counseling deals with depression solely as a sin; If you are depressed, you have done something or doing something that has landed you there. This is not what GFC teaches, nor do we believe it to be necessarily true.

all depression is not organic, requiring medication.

**God's word lights a PATH THROUGH DEPRESSION (NOT ALWAYS OUT).**

**1. Go to God with your "WHY?"**

Sin creates voids in our life – and one critical in depression is void of meaning in the midst of suffering and hardship. We long to escape and find a place of comfort and peace. SO, we ask...WHY (to get to meaning)

There are waves of questions, breakers of lowliness that seemingly lead us to places of WHY?

**2. Carefully inspect your heart for "that one sin."**

When the psalmist says, "Why have you forgotten me?" v.9, this is clearly an exaggeration, but also revealing, for it reveals roots of unbelief.

UNBELIEF in what? That HE IS (literally exists and is there) and That HE IS GOOD (Hebrew 11 – "faith is assurance of things hoped for, evidence of things unseen"). We doubt that God has good in store for you, that your life has meaning and purpose.

Unbelief is at the heart of much of our misery. We lack trust. The enemy of your soul wants you to stay there, doubting God's trustworthiness.

There is a connection between TRUST and seeing God's work displayed in your life. But this does not mean that you get a miracle and you are cured. It sometimes means you learn to walk through your pain...the promise of 1 Cor. 10:13 "no test has overtaken you that is uncommon, but GOD is FAITHFUL (your depression will say God is not faithful to you)...but with the test HE WILL ALSO PROVIDE A WAY THROUGH IT, THAT YOU CAN ENDURE IT!

**3. Realize you are in a battle and choose to fight (v 4, 5, 8, 11)**

How do you effectively battle depression?

***A. by getting perspective outside of you***

***B. by speaking to your soul***

***C. by giving expanded, full focus on the person of hope, Jesus Christ***