

SPIRITUAL DEPRESSION – ITS CAUSES AND CURE

CHAPTER 1 – GENERAL CONSIDERATIONS

INTRODUCTION

Psalms:

They were the inspired prayer-and-praise book of Israel. They are revelations of truth, not abstractly, but in the terms of human experience. The truth revealed is wrought into the emotions, cares, and sufferings of the people of God by the circumstances through which they pass. It is because that is such a true description of them that the Psalms have always proved to be a great source of solace and encouragement to God's people throughout the centuries—both the children of Israel and the members of the Christian Church. Here we are able to watch noble souls struggling with their problems and with themselves. They talk to themselves and to their souls, baring their hearts, analyzing their problems, chiding and encouraging themselves. Sometimes they are elated, at other times depressed, but they are always honest with themselves. That is why they are of such great value to us if we also are honest with ourselves.

Examples?

OUR METHOD FOR STUDYING

- Doctrine
- Examples

REASONS FOR STUDYING

- Deliverance
- The Gospel

They say: Look at Christian people, look at the impression they give! And they are very fond of contrasting us with people out in the world—people who seem to be so thrilled by the things they believe in, whatever those may be. They shout at their football matches, they talk about the films they have seen, they are full of excitement and want everybody to know it. But Christian people too often seem to be perpetually in the doldrums and too often give this appearance of unhappiness, a lack of freedom, and an absence of joy.

THE CONDITION

Psalm 42:5 Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance.

Psalm 42:11 Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God

Psalm 42:3

THE CAUSES

- Temperament
- Physical Condition
- The Devil
- Reaction to Blessing
- The Ultimate Cause: _____

The essence of this matter is to understand that this self of ours, this other man within us, has got to be handled. Do not listen to him; turn on him; speak to him; condemn him; upbraid him; exhort him; encourage him; remind him of what you know, instead of listening placidly to him and allowing him to drag you down and depress you. For that is what he will always do if you allow him to be in control. The devil takes hold of self and uses it in order to depress us. We must stand up as this man did and say: 'Why art thou cast down? Why art thou disquieted within me?' Stop being so! 'Hope thou in God, for I shall yet praise Him for the help of His countenance,' He, 'who is the health of my countenance and my God.'