**SERMON OUTLINE**

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| **SERMON TITLE:** | How to Get Up When You’re Down |
| **SERMON REFERENCE:** | Psalm 42:5-11 |
| **LWF SERMON NUMBER:** | #2428 |
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1. INTRODUCTION
   1. There are times when we all get discouraged and unhappy, but depression is a deep mood of despair.
      1. Depression can cause people to drop out of society.
   2. We may all feel bad at times, which is like a thunderstorm that comes and then it goes; but depression is like a lingering fog that takes all of the sunshine out of our lives.
   3. Today’s message on depression will show us how to get up when we are down emotionally and spiritually.
2. THE SERIOUS PROBLEM OF DEPRESSION (Psalm 42:5)
   1. King David wrote this passage in the book of Psalms, and he is talking about himself.
   2. Depression is a multi-billion dollar a year industry.
   3. Millions of Americans suffer from depression.
      1. They have done everything they know to do to feel better but to no avail.
   4. What is depression?
      1. Depression is a passive or listless feeling; a continual feeling of sadness.
      2. It is an attitude of nothing feels good or is worth feeling good about.
      3. Depression is a state of constant hopelessness.
      4. Depression is a feeling that no one cares, that no one understands or that no one really accepts me.
      5. It is continual worry and anxiety.
   5. How to tell if you are depressed:
      1. Have you lost all initiative?
      2. Do you have repeated crying spells for apparently no cause?
      3. Do you find yourself awaking suddenly at night, not able to go back to sleep?
      4. Do you wake up in the morning feeling fatigued and kind of dread to face the day ahead?
      5. Do you feel a scattered pain, an unspecified aching all over?
      6. Do you find yourself sometimes thinking about your own death, and you’re afraid that you might have thoughts of suicide?
      7. Do you find yourself sighing with a heavy feeling in your chest?
      8. Have you come to the place where you distrust your own wisdom and have unusual trouble making decisions?
         1. Do you second guess yourself?
      9. Do you find yourself sometimes irritable, and you are cross with others for no legitimate reason?
      10. Do you find yourself unable to be enthusiastic about anything?
   6. If we ourselves are not currently suffering from depression, it is likely that we know someone who is.
   7. Depression is the third leading cause of death among certain age groups and categories of people.
   8. Christians are not immune to depression.
      1. Moses was so depressed that he asked God to kill him.
         1. Numbers 11:11-15
      2. Jonah, the mighty prophet, asked God to take his own life from him.
         1. Jonah 4:3
      3. Elijah sat under a juniper tree and wished that he might die.
         1. 1 Kings 19:4
      4. The apostle Paul spoke of himself as being depressed and in a state where he despaired even of life.
         1. 2 Corinthians 1:8
      5. John the Baptist was in such despair that he even doubted that Jesus was the Messiah.
         1. Matthew 11:2-3
   9. Great men of history have suffered from depression.
      1. Charles Spurgeon, who many think of as one of the greatest preachers who ever lived, had times of depression.
      2. Winston Churchill, an indomitable leader, sometimes had fits of depression.
         1. He referred to that depression as “a black dog” that chased after him.
   10. When King David wrote Psalm 42:5, he outwardly had many reasons to be depressed.
       1. His beloved son, Absalom, had turned against him and betrayed him.
          1. Absalom tried to take the kingdom from David.
       2. David had to flee for his life.
       3. Absalom was killed.
       4. David lost his home, his wealth, his power and financial support.
       5. David had sinned against God; he committed a terrible sin.
       6. He lost an infant child.
       7. He had a daughter who was raped, and one of his wives was assaulted.
       8. Another of David’s sons was killed.
       9. The nation that David was supposed to be king over was in turmoil.
   11. This Psalm which David wrote is almost a clinical case of depression.
       1. David had spiritual dryness.
          1. Psalm 42:1-2
          2. He was thirsty for God, but he felt as if God was far away.
          3. He felt as though his soul was shriveling up.
          4. David thought perhaps God had forgotten him.
             1. Psalm 42:9
             2. In reality, God had not forgotten him.
       2. David cried continually.
          1. Psalm 42:3
          2. David wept uncontrollably.
             1. We all have blue moments and times of sadness, but not necessarily continual weeping.
       3. David felt shame and defeat.
          1. Psalm 42:3
          2. He knew that his enemies were mocking him.
          3. He felt ashamed and that he was a poor witness for the Lord.
          4. David’s sense of guilt made him feel that he had disgraced God.
       4. David had lingering memories.
          1. Psalm 42:4
          2. David looked backed upon better days.
             1. He remembered days when he had joy and peace and when he praised God in the house of God with the multitudes.
             2. He felt that those good times that he once had were now lost forever.
       5. David had overwhelming circumstances.
          1. Psalm 42:6-7
             1. The Jordan River is called “the river of death.”

“Jordan” means descent and judgment.

The Jordan River flows from Mt. Hermon down to the Dead Sea, never to emerge again.

* + - * 1. In Bible typology, the Jordan has been a picture of death and despair.
      1. David felt as though he were being washed over by circumstances.
         1. He was deluged with problems and didn’t know where to turn.
      2. Sometimes people at this point can become suicidal.

1. the spiritual provision for depression
   1. We can be thankful to God that we do not have to be depressed.
      1. God has made provision for those who are depressed.
   2. Look within and analyze your heart.
      1. Psalm 42:5-7
      2. David began to talk to himself; he talked to his soul.
         1. The soul is the you that lives inside.
         2. The soul is not the spirit.
            1. The spirit is your spiritual nature.
            2. Your soul is your emotional nature.
         3. The soul is your mind, emotion and will.
         4. Our souls, our old nature, are constantly talking to us and telling us that we have reason to feel sorry for ourselves and that we don’t have what it takes.
      3. David looked within and analyzed his heart for the reasons for his depression.
         1. This is where we take control over the situation.
         2. If our depression is caused by the death of a loved one, we should pour out our grief to God.
            1. Ask friends to help share in our grief.
            2. Live life in honor of that loved one and for God’s glory.
         3. If our depression is caused by a broken relationship or heartbreak, refuse to rehearse the heartbreak over and over again.
            1. Instead, take what we have learned from it and move forward.
         4. If our depression is caused by a sin we’ve committed and we’re haunted by guilt, confess it to God.
            1. If we need to ask someone else’s forgiveness, do so.
            2. If we need to make restitution, do so.
            3. We should then close the door on it and move forward.
   3. Look upward and recognize your help.
      1. Psalm 42:7-9
      2. We should not only look inward to see what the problem is, but we should also look upward and recognize that God is our help and hope.
      3. God understands, and He knows and cares.
      4. We do not live by explanations but by promises.
         1. We sometimes feel that God has let us down or forgotten us.
         2. David felt that God had forgotten him.
            1. Psalm 42:9
         3. But God had not forgotten.
      5. It is easy to trust God when we understand why, but there will be situations in our lives that we will not understand.
         1. When we are in difficulties and do not understand why, we should keep in mind the following:
            1. We are here by God’s appointment.
            2. We are in His keeping.
            3. We are under His training.
            4. We are here for His time; in His good time, He will bring us out again.
      6. Someone once said, “God is too good to be unkind, too wise to make a mistake, and when we cannot trace His hand, we can trust His heart.”
   4. Look onward and realize your hope.
      1. Psalm 42:11
      2. No matter how bleak our circumstances, God is with us.
         1. God has a future filled with hope for us.
      3. Hope does not mean a vain wish.
         1. Hope is definite assurance based in anticipation.
         2. There are only two places where hope is impossible:
            1. In Heaven – because we do not need hope; we have fulfillment.
            2. In Hell – those in Hell are beyond hope.
         3. Hope, in this life, is always possible.
      4. Jeremiah 29:11
      5. Do not let Satan blow out the candle of hope.
      6. God will turn our Calvary to an Easter and every tear to a pearl.
      7. God will meet the deepest needs of our hearts, and He will never be satisfied until our greatest desire is for Him alone.
2. CONCLUSION
   1. Psalm 42:11
      1. This is the sure promise we have in depression.
   2. If we have fallen, we can get up.
   3. God loves each of us.
      1. There isn’t a sparrow that falls to the ground without His notice.
   4. There is no real hope in this world or in the next without Jesus Christ.
   5. God has a way for you.
      1. Place your hope in God.
      2. Psalm 42:5
      3. He will see you through.
   6. Do you know Jesus personally? If not, you can pray to Him today by asking Him to come into your life.
   7. Call upon Jesus today. Repent (turn) from your sins, and turn to Jesus. Ask Him to forgive you of your sins, and acknowledge Him as Lord of your life.
      1. Romans 3:23
      2. Romans 10:9-10
      3. Romans 10:13
      4. Acts 16:31
      5. John 3:16