

## SERMON OUTLINE

**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

- a) There are times when we all get discouraged and unhappy, but depression is a deep mood of despair.
  - i) Depression can cause people to drop out of society.
- b) 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.
- c) 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)

- a) King David wrote this passage in the book of Psalms, and he is talking about himself.
- b) Depression is a multi-billion dollar a year industry.
- c) Millions of Americans suffer from depression.
  - i) They have done everything they know to do to feel better but to no avail.
- d) What is depression?
  - i) Depression is a passive or listless feeling; a continual feeling of sadness.
  - ii) It is an attitude of nothing feels good or is worth feeling good about.
  - iii) Depression is a state of constant hopelessness.
  - iv) Depression is a feeling that no one cares, that no one understands or that no one really accepts me.
  - v) It is continual worry and anxiety.
- e) How to tell if you are depressed:
  - i) Have you lost all initiative?
  - ii) Do you have repeated crying spells for apparently no cause?
  - iii) Do you find yourself awaking suddenly at night, not able to go back to sleep?
  - iv) Do you wake up in the morning feeling fatigued and kind of dread to face the day ahead?
  - v) Do you feel a scattered pain, an unspecified aching all over?
  - vi) Do you find yourself sometimes thinking about your own death, and you're afraid that you might have thoughts of suicide?
  - vii) Do you find yourself sighing with a heavy feeling in your chest?
  - viii) Have you come to the place where you distrust your own wisdom and have unusual trouble making decisions?
    - (1) Do you second guess yourself?
  - ix) Do you find yourself sometimes irritable, and you are cross with others for no legitimate reason?
  - x) Do you find yourself unable to be enthusiastic about anything?
- f) If we ourselves are not currently suffering from depression, it is likely that we know someone who is.
- g) Depression is the third leading cause of death among certain age groups and categories of people.

- h) Christians are not immune to depression.
  - i) Moses was so depressed that he asked God to kill him.
    - (1) Numbers 11:11-15
  - ii) Jonah, the mighty prophet, asked God to take his own life from him.
    - (1) Jonah 4:3
  - iii) Elijah sat under a juniper tree and wished that he might die.
    - (1) 1 Kings 19:4
  - iv) The apostle Paul spoke of himself as being depressed and in a state where he despaired even of life.
    - (1) 2 Corinthians 1:8
  - v) John the Baptist was in such despair that he even doubted that Jesus was the Messiah.
    - (1) Matthew 11:2-3
- i) Great men of history have suffered from depression.
  - i) Charles Spurgeon, who many think of as one of the greatest preachers who ever lived, had times of depression.
  - ii) Winston Churchill, an indomitable leader, sometimes had fits of depression.
    - (1) He referred to that depression as “a black dog” that chased after him.
- j) When King David wrote Psalm 42:5, he outwardly had many reasons to be depressed.
  - i) His beloved son, Absalom, had turned against him and betrayed him.
    - (1) Absalom tried to take the kingdom from David.
  - ii) David had to flee for his life.
  - iii) Absalom was killed.
  - iv) David lost his home, his wealth, his power and financial support.
  - v) David had sinned against God; he committed a terrible sin.
  - vi) He lost an infant child.
  - vii) He had a daughter who was raped, and one of his wives was assaulted.
  - viii) Another of David’s sons was killed.
  - ix) The nation that David was supposed to be king over was in turmoil.
- k) This Psalm which David wrote is almost a clinical case of depression.
  - i) 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.
      - (a) Psalm 42:9
      - (b) In reality, God had not forgotten him.
  - ii) David cried continually.
    - (1) Psalm 42:3
    - (2) David wept uncontrollably.
      - (a) We all have blue moments and times of sadness, but not necessarily continual weeping.

- iii) 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.
- iv) David had lingering memories.
  - (1) Psalm 42:4
  - (2) David looked back upon better days.
    - (a) He remembered days when he had joy and peace and when he praised God in the house of God with the multitudes.
    - (b) He felt that those good times that he once had were now lost forever.
- v) David had overwhelming circumstances.
  - (1) Psalm 42:6-7
    - (a) The Jordan River is called "the river of death."
      - (i) "Jordan" means descent and judgment.
      - (ii) The Jordan River flows from Mt. Hermon down to the Dead Sea, never to emerge again.
    - (b) In Bible typology, the Jordan has been a picture of death and despair.
  - (2) David felt as though he were being washed over by circumstances.
    - (a) He was deluged with problems and didn't know where to turn.
  - (3) Sometimes people at this point can become suicidal.

### 3) THE SPIRITUAL PROVISION FOR DEPRESSION

- a) We can be thankful to God that we do not have to be depressed.
  - i) God has made provision for those who are depressed.
- b) Look within and analyze your heart.
  - i) Psalm 42:5-7
  - ii) 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.
      - (a) The spirit is your spiritual nature.
      - (b) 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.
  - iii) 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.
      - (a) Ask friends to help share in our grief.

- (b) 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.
  - (a) 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.
  - (a) If we need to ask someone else's forgiveness, do so.
  - (b) If we need to make restitution, do so.
  - (c) We should then close the door on it and move forward.
- c) Look upward and recognize your help.
  - i) Psalm 42:7-9
  - ii) 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.
  - iii) God understands, and He knows and cares.
  - iv) 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.
      - (a) Psalm 42:9
      - (3) But God had not forgotten.
  - v) 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:
      - (a) We are here by God's appointment.
      - (b) We are in His keeping.
      - (c) We are under His training.
      - (d) We are here for His time; in His good time, He will bring us out again.
  - vi) 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."
- d) Look onward and realize your hope.
  - i) Psalm 42:11
  - ii) No matter how bleak our circumstances, God is with us.
    - (1) God has a future filled with hope for us.
  - iii) 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:
      - (a) In Heaven – because we do not need hope; we have fulfillment.
      - (b) In Hell – those in Hell are beyond hope.
    - (3) Hope, in this life, is always possible.
  - iv) Jeremiah 29:11
  - v) Do not let Satan blow out the candle of hope.
  - vi) God will turn our Calvary to an Easter and every tear to a pearl.

vii) God will meet the deepest needs of our hearts, and He will never be satisfied until our greatest desire is for Him alone.

#### 4) CONCLUSION

- a) Psalm 42:11
  - i) This is the sure promise we have in depression.
- b) If we have fallen, we can get up.
- c) God loves each of us.
  - i) There isn't a sparrow that falls to the ground without His notice.
- d) There is no real hope in this world or in the next without Jesus Christ.
- e) God has a way for you.
  - i) Place your hope in God.
  - ii) Psalm 42:5
  - iii) He will see you through.
- f) Do you know Jesus personally? If not, you can pray to Him today by asking Him to come into your life.
- g) 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.
  - i) Romans 3:23
  - ii) Romans 10:9-10
  - iii) Romans 10:13
  - iv) Acts 16:31
  - v) John 3:16