

Providence Reformed Baptist Church - Sunday, December 20, 2020

Hope in God – Psalm 42 & 43

Pastor Phillip M Way

Why do we find a rise in depression and despair especially during this time of year? This is supposed to be the “most wonderful time of year” filled with tidings of comfort and joy, good cheer, being merry, and finding the hope that we have in the incarnation. Yet it may be many of these expectations and our inability to manage them or meet them, an increase in demands, family issues, shorter, darker days, and the end of the year with “hope” in the coming new year being a fresh start and a new beginning. For these reasons and more we may find people gloomy, grinchy, and grieving ...and add to that this year, fear, lockdowns, and people being told they are non-essential.

- I. Ruining Christmas Joy
 - A. Greed – consumerism, commercialism, self-centered – Luke 11:39; 1 Tim. 6:10; Mark 8:36
 - B. Grinches – lettings others derail our determination to enjoy the holidays (hollow days, holler days, holy days) – Jude 1:12-13, 16-19
 - C. Grief – sadness and disappointments seem to be piling up, especially this year – Job 16:6; Psa. 31:10
- II. The Causes of Spiritual Depression
 - A. Forced Absence from Gathering with God’s People for Worship – Psa. 42:1-2, 4
 1. This put him far from home and he feels far from God
 2. This put him out of work, and his sense of being useful (Sons of Korah led music at the Temple)
 3. An appetite for worship, unfed
 4. According to a Gallup Poll released on Monday, frequent church attendees were the only group in the U.S. that did not experience a mental health decline in 2020.
 - B. Scoffing Unbelievers – Psa. 42:3, 10 – Your God has abandoned you
 - C. Overwhelming Trials of Life – Psa. 42:7
 - D. Failure of God to Act Quickly on Our Behalf – Psa. 42:9 – MLJ Quote – Hurry
 - E. Persecution by People in an Ungodly, Deceitful Nation – Psa. 43:1; John 15:19-20
 - F. Lloyd-Jones includes causes such as temperament (some people are prone to depression), physical conditions, a down reaction after a great blessing (Elijah), attacks of Satan, and simple unbelief
- III. The Cure for Spiritual Depression
 - A. A Worldly Prescription – 1 John 2:15-17; James 3:13-18
 1. **Divorce** – the problem is them, or me with them...but me alone will be better
 2. **Excessive Entertainment** – substitutes for joy
 3. **Addictions** – drugs, alcohol, shopping
 4. **Therapy** – man centered pseudo-science
 5. **Happiness**
 6. **DEATH** – Job 11:20
 - B. A Biblical Prescription
 1. **Fight It!** – 2 Cor. 10:4-6 – MLJ Quote – Fight
 2. **Pray** – Psa. 42:8
 3. **Worship and the Word** – Psa. 43:3-4 – MLJ Quote – Seek His Face
 4. **Put Your Hope in God** – Psa. 42:5, 11; 43:5 – MLJ Quote – Solid Rock
- IV. Hope in God
 - A. Job’s Suffering – Job 14:1-22
 - B. Job’s Salvation – Job 19:23-27 – to come again He had to come first
 - C. Job’s Savior, and Yours – Christ in you, the HOPE of glory – Col. 1:24-29

Quotes

HURRY - "We are all in such a hurry, we want everything at once. We believe that all truth can be stated in a few minutes. The answer to that is that it cannot." — D. Martyn Lloyd-Jones, *Spiritual Depression: Its Causes and Cure*

FIGHT IT - "Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself? 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. The main art in the matter of spiritual living is to know how to handle yourself. You have to take yourself in hand, you have to address yourself, preach to yourself, question yourself." — D. Martyn Lloyd-Jones, *Spiritual Depression: Its Causes and Cures*

SEEK HIS FACE - "Go directly to Him and seek His face, as the little child who is miserable and unhappy because somebody else has taken or broken his toy, runs to its father or its mother. So if you and I find ourselves afflicted by this condition, there is only one thing to do, it is to go to Him, If you seek the Lord Jesus Christ and find Him there is no need to worry about your happiness and your joy. He is our joy and our happiness, even as He is our peace. He is life, He is everything. So avoid the incitements and the temptations of Satan to give feelings this great prominence at the centre. Put at the centre the only One who has a right to be there, the Lord of Glory, Who so loved you that He went to the Cross and bore the punishment and the shame of your sins and died for you. Seek Him, seek His face, and all other things shall be added unto you. The great antidote to spiritual depression is the knowledge of Biblical doctrine, Christian doctrine. Not having the feelings worked up in meetings, but knowing the principles of the faith, knowing and understanding the doctrines. That is the Biblical way, that is Christ's own way as it is also the way of the apostles. The antidote to depression is to have a knowledge of Him, and you get that in His Word." — D. Martyn Lloyd-Jones, *Spiritual Depression: Its Causes and Cures*

SOLID ROCK - "My hope is built on nothing less Than Jesu's blood and righteousness, I dare not trust my sweetest frame, But wholly lean on Jesu's Name. On Christ the solid Rock I stand, All other ground is sinking sand."

Cross References

Luke 11:39

39 Then the Lord said to him, “Now you Pharisees make the outside of the cup and dish clean, but your inward part is full of greed and wickedness.

1 Timothy 6:10

10 For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows.

Mark 8:36

36 For what will it profit a man if he gains the whole world, and loses his own soul?

Jude 12-13

12 These are spots in your love feasts, while they feast with you without fear, serving only themselves. They are clouds without water, carried about by the winds; late autumn trees without fruit, twice dead, pulled up by the roots; 13 raging waves of the sea, foaming up their own shame; wandering stars for whom is reserved the blackness of darkness forever.

Jude 16-19

16 These are grumblers, complainers, walking according to their own lusts; and they mouth great swelling words, flattering people to gain advantage. 17 But you, beloved, remember the words which were spoken before by the apostles of our Lord Jesus Christ: 18 how they told you that there would be mockers in the last time who would walk according to their own ungodly lusts. 19 These are sensual persons, who cause divisions, not having the Spirit.

Job 16:6

6 “Though I speak, my grief is not relieved; And if I remain silent, how am I eased?

Psalms 31:10

10 For my life is spent with grief, And my years with sighing; My strength fails because of my iniquity, And my bones waste away.

Psalms 42:1-2

42 As the deer pants for the water brooks, So pants my soul for You, O God. 2 My soul thirsts for God, for the living God. When shall I come and appear before God?

Psalms 42:4

4 When I remember these things, I pour out my soul within me. For I used to go with the multitude; I went with them to the house of God, With the voice of joy and praise, With a multitude that kept a pilgrim feast.

Psalm 42:3

3 My tears have been my food day and night, While they continually say to me, “Where is your God?”

Psalm 42:10

10 As with a breaking of my bones, My enemies reproach me, While they say to me all day long, “Where is your God?”

Psalm 42:7

7 Deep calls unto deep at the noise of Your waterfalls; All Your waves and billows have gone over me.

Psalm 42:9

9 I will say to God my Rock, “Why have You forgotten me? Why do I go mourning because of the oppression of the enemy?”

Psalm 43:1

43 Vindicate me, O God, And plead my cause against an ungodly nation; Oh, deliver me from the deceitful and unjust man!

John 15:19-20

19 If you were of the world, the world would love its own. Yet because you are not of the world, but I chose you out of the world, therefore the world hates you. 20 Remember the word that I said to you, ‘A servant is not greater than his master.’ If they persecuted Me, they will also persecute you. If they kept My word, they will keep yours also.

1 John 2:15-17

15 Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. 16 For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world. 17 And the world is passing away, and the lust of it; but he who does the will of God abides forever.

James 3:13-18

13 Who is wise and understanding among you? Let him show by good conduct that his works are done in the meekness of wisdom. 14 But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth. 15 This wisdom does not descend from above, but is earthly, sensual, demonic. 16 For where envy and self-seeking exist, confusion and every evil thing are there. 17 But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy. 18 Now the fruit of righteousness is sown in peace by those who make peace.

Job 11:20

20 But the eyes of the wicked will fail, And they shall not escape, And their hope—loss of life!”

2 Corinthians 10:4-6

4 For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, 6 and being ready to punish all disobedience when your obedience is fulfilled.

Psalm 42:8

8 The Lord will command His lovingkindness in the daytime, And in the night His song shall be with me— A prayer to the God of my life.

Psalm 43:3-4

3 Oh, send out Your light and Your truth! Let them lead me; Let them bring me to Your holy hill And to Your tabernacle. 4 Then I will go to the altar of God, To God my exceeding joy; And on the harp I will praise You, O God, my God.

Psalm 42:5, 11; 43:5

Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him For the help of His countenance.

Job 14

1 “Man who is born of woman Is of few days and full of trouble. 2 He comes forth like a flower and fades away; He flees like a shadow and does not continue. 3 And do You open Your eyes on such a one, And bring me to judgment with Yourself? 4 Who can bring a clean thing out of an unclean? No one! 5 Since his days are determined, The number of his months is with You; You have appointed his limits, so that he cannot pass. 6 Look away from him that he may rest, Till like a hired man he finishes his day. 7 “For there is hope for a tree, If it is cut down, that it will sprout again, And that its tender shoots will not cease. 8 Though its root may grow old in the earth, And its stump may die in the ground, 9 Yet at the scent of water it will bud And bring forth branches like a plant. 10 But man dies and is laid away; Indeed he breathes his last And where is he? 11 As water disappears from the sea, And a river becomes parched and dries up, 12 So man lies down and does not rise. Till the heavens are no more, They will not awake Nor be roused from their sleep. 13 “Oh, that You would hide me in the grave, That You would conceal me until Your wrath is past, That You would appoint me a set time, and remember me! 14 If a man dies, shall he live again? All the days of my hard service I will wait, Till my change comes. 15 You shall call, and I will answer You; You shall desire the work of Your hands. 16 For now You number my steps, But do not watch over my sin. 17 My transgression is sealed up in a bag, And You cover my iniquity. 18 “But as a mountain falls and crumbles away, And as a rock is moved from its place; 19 As water wears away stones, And as torrents wash away the soil of the earth; So You destroy the hope of man. 20 You prevail forever against him, and he passes on; You change his countenance and send him away. 21 His sons come to honor, and he does not know it; They are brought low, and he does not perceive it. 22 But his flesh will be in pain over it, And his soul will mourn over it.”

Job 19:23-27

23 “Oh, that my words were written! Oh, that they were inscribed in a book! 24 That they were engraved on a rock With an iron pen and lead, forever! 25 For I know that my Redeemer lives, And He shall stand at last on the earth; 26 And after my skin is destroyed, this I know, That in my flesh I shall see God, 27 Whom I shall see for myself, And my eyes shall behold, and not another. How my heart yearns within me!

Colossians 1:24-29

24 I now rejoice in my sufferings for you, and fill up in my flesh what is lacking in the afflictions of Christ, for the sake of His body, which is the church, 25 of which I became a minister according to the stewardship from God which was given to me for you, to fulfill the word of God, 26 the mystery which has been hidden from ages and from generations, but now has been revealed to His saints. 27 To them God willed to make known what are the riches of the glory of this mystery among the Gentiles: which is **Christ in you, the hope of glory**. 28 Him we preach, warning every man and teaching every man in all wisdom, that we may present every man perfect in Christ Jesus. 29 To this end I also labor, striving according to His working which works in me mightily.

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