

**Jesus: Our Deliverance In The Day of Depression**  
**Psalm 6:1-10**

- I. Sadness Over My Own Struggles and Sin (1-2)
  - A. There are times we should feel sorrow over our own sin and shortcomings
  - B. There should be times of genuine brokenness in our lives
- II. Sadness Over Relational Distance with God (3-6)
  - A. There are times in which God seems distant from us
  - B. It impacts our worship
- III. Sadness Over Those Who Wound Me (7-10)
  - A. The weariness of opposition
  - B. A desire for distance
  - C. God hears and helps
  - D. Those that sinfully oppose and oppress God's people will be dealt with accordingly
- IV. A Proper Place For Sadness
  - A. Broken, but not despairing
  - B. Faith, not fear
  - C. Distress, but not defeat