

# Depression and Feeling Rejected

Pastor John Brackbill/Psalm 43/3.8.15

10:45 am Morning Worship Service

## Spiritual depression is accompanied by unfulfilled worship desires (42:1-4)

- Spiritually depressed individuals long for God (1-2a)
- Recognizing He is the living God (2b)
- And therefore, they question their lack of currently experiencing God's presence (2c)
- And sorrow, as unbelievers mockingly add weight to their questions (3)
- So they pour out their sorrow (4a)
- Remembering past worship when they experienced God's presence (4b)
- Eventually those who turn to the Lord in their depression recognize that persevering, faith-fueled, God-centered, self-exhortation is the remedy for their depression (5)

## Spiritual depression is accompanied by feeling forgotten by God even during faith's fight (42:6-11)

- Spiritually depressed individuals who have exhorted themselves to hope in God still struggle with despair but now do so consciously before their God (6a)
- And as a consequence they remember God (6b)
- acknowledging God's involvement with their sorrows, (7)
- growing in confidence that His presence will be known in the future, (8)
- and resolving in the future to ask the questions of despair in the context of trust (9)
- All the while continuing to transparently acknowledging the pain of feeling forgotten (10)
- And continually returning to persevering faith-fueled, God-centered, self-exhortation (11)

## Spiritual depression is accompanied by feelings of being \_\_\_\_\_ by God even during faith's fight (43:1-5)

- Spiritually depressed individuals who have repeatedly exhorted themselves to hope in God and who have consciously struggled before God, eventually \_\_\_\_\_ Him about their circumstances of despair (43:1)

- Because they recognize the strength they so desperately need in their despair comes \_\_\_\_\_. (43:2a)
- As they do so they \_\_\_\_\_ ask their questions of despair to God Whom they now recognize as their \_\_\_\_\_ (43:2b)
- And ask for His \_\_\_\_\_ and covenant \_\_\_\_\_ to bring resolution to their despair (43:3)
- Which they recognize would result in a restoration of \_\_\_\_\_ of their God (4)
- All the while returning to persevering faith-fueled, God-centered, self-exhortation (5)
  - Exhorting themselves by self-self-consciously questioning their state of soul (5a)
  - Exhorting themselves to hope in God (5b)
    - Because they can be confident they will once again know God's presence in worship
    - Because they can be confident that He will deliver them from their current state
    - Because they can be confident that He is their God