



**“Depression:
The Dark Night of the Soul”
Psalm 42:1-11**



Psalm 42 (NKJV)

To the Chief Musician. A Contemplation of the Sons of Korah.

1 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?

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



Psalm 42 (NKJV)

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.

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.



Psalm 42 (NKJV)

6 O my God, my soul is cast down within me;
Therefore I will remember You from the land of
the Jordan, And from the heights of Hermon,
From the Hill Mizar.

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



Psalm 42 (NKJV)

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.

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?”

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 (NKJV)

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





Genesis 4:1–7 (NKJV)

1 Now Adam knew Eve his wife, and she conceived and bore Cain, and said, “I have acquired a man from the LORD.”

2 Then she bore again, this time his brother Abel. Now Abel was a keeper of sheep, but Cain was a tiller of the ground.

3 And in the process of time it came to pass that Cain brought an offering of the fruit of the ground to the LORD.



Genesis 4:1–7 (NKJV)

4 Abel also brought of the firstborn of his flock and of their fat. And the LORD respected Abel and his offering,

5 but He did not respect Cain and his offering. And Cain was very angry, and his countenance fell.

6 So the LORD said to Cain, “Why are you angry? And why has your countenance fallen?”



Genesis 4:1–7 (NKJV)

7 If you do well, will you not be accepted? And if you do not do well, sin lies at the door. And its desire is for you, but you should rule over it.”





Philippians 1:21–26 (NKJV)

21 For to me, to live is Christ, and to die is gain.

22 But if I live on in the flesh, this will mean fruit from my labor; yet what I shall choose I cannot tell.

23 For I am hard-pressed between the two, having a desire to depart and be with Christ, which is far better.

24 Nevertheless to remain in the flesh is more needful for you.



Philippians 1:21–26 (NKJV)

25 And being confident of this, I know that I shall remain and continue with you all for your progress and joy of faith,

26 that your rejoicing for me may be more abundant in Jesus Christ by my coming to you again.





2 Corinthians 1:3–11 (NKJV)

3 Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort,

4 who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.

5 For as the sufferings of Christ abound in us, so our consolation also abounds through Christ.



2 Corinthians 1:3–11 (NKJV)

6 Now if we are afflicted, it is for your consolation and salvation, which is effective for enduring the same sufferings which we also suffer. Or if we are comforted, it is for your consolation and salvation.

7 And our hope for you is steadfast, because we know that as you are partakers of the sufferings, so also you will partake of the consolation.



2 Corinthians 1:3–11 (NKJV)

8 For we do not want you to be ignorant, brethren, of our trouble which came to us in Asia: that we were burdened beyond measure, above strength, so that we despaired even of life.

9 Yes, we had the sentence of death in ourselves, that we should not trust in ourselves but in God who raises the dead,



2 Corinthians 1:3–11 (NKJV)

10 who delivered us from so great a death, and does deliver us; in whom we trust that He will still deliver us,

11 you also helping together in prayer for us, that thanks may be given by many persons on our behalf for the gift granted to us through many.



I. Desperation—Automatic Thoughts

1 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?





II. Discouragement—Automatic Thoughts

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

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.



III. Demonstration—Rational Response

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.

6 O my God, my soul is cast down within me; Therefore I will remember You from the land of the Jordan, And from the heights of Hermon, From the Hill Mizar.



IV. Despair—Automatic Thoughts

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





V. Declaring—Rational Response

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.





VI. Disillusionment—Automatic Thoughts

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?”

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





VII. Deliverance—Rational Response

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

