

Leading an Emote-Controlled Life
Part #6 – Spiritual Depression: Putting Our Hope in God
Sunday December 14, 2008
Audio available at www.kingstreet.org/audio

S.A.D – “**Seasonal Affective Disorder**”
(Peggy Frankovich)

“I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.”
(Jesus - Mark 8:12)

Text: Psalm 42 (NIV)

1. **Spiritual Depression and the problem with triumphalism**

- a. David was **thirsty** for God (V-1)
- b. David was **anxious** for the presence of God (V-2)
- c. David was **missing** the people of God (V-4)

“Why are you downcast, O my soul? Why so disturbed within me? (V-5)

Perception Problem - The **stigma** of depression vs. the acceptance of broken bones

2. **Spiritual Depression and it's common causes**

- a. Personal **Adversity**
→ Geographical dislocation and **loss**
- b. Spiritual **Confusion**
→ Contradiction between faith and **situation**
- c. Accusatory **Voices**

→ People of regard - Absalom
→ Adversary of disregard - Agitators

- a. **Seasonal** Memories
→ Christmas, Anniversaries, Birthdays
- b. **Body** Rhythms
→ Body, Soul, Mind and Spirit

“Changes in rhythm then affect the levels of substances in the body like melatonin and serotonin, which may cause the depression.” (Peggy Frankovich)

2. **Spiritual Depression and the way out – (Psalm 42:5, 11)**

- a. Condition Recognition – Face **Reality**

“Why are you downcast, O my soul? Why so disturbed within me?”

- b. Confident Expectation – Embrace **Hope**

“Put your hope in God ...”

- c. Confessional Adoration – Choose **Praise**

“...For I will yet praise him...”

- d. Constant Trust – Necessary **Rest**

“... my Savior and my God.”

“If you are an average person, you will experience a significant depression at least once in your lifetime. Typically, you will respond in one of two ways: you will **indulge** it, wallowing in helplessness and self-pity; or, gritting your emotional and spiritual teeth, you will **fight** it with all your willpower.”
Dr. Archibald Hart