

# Overwhelmed by Depression

You Can't Handle This #2 – Pastor Gary Combs – April 26, 2020 – Psalm 42:11

Series Theme Text: Psalm 55:2 (NLT) Please listen and answer me, for I am overwhelmed by my troubles.

Today's text: Psalm 42:11 (ESV) Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

## Three ways to hope in God when overwhelmed by depression:

### 1. By looking \_\_\_\_\_.

1 Samuel 30:6 (KJV) And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: **but David encouraged himself in the Lord his God.**

Psalm 42:4 (ESV) These things I remember, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival.

### 2. By looking to \_\_\_\_\_.

Psalm 130:1-2 (ESV) <sup>1</sup> Out of the depths I cry to you, O Lord! <sup>2</sup> O Lord, hear my voice! Let your ears be attentive to the voice of my pleas for mercy!

Isaiah 53:3 (ESV) He was despised and rejected by men, a man of sorrows and acquainted with grief ...

John 11:35 (ESV) Jesus wept.

Matthew 26:38 (ESV) Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me."

Hebrews 4:14-16 (ESV) <sup>14</sup> Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. <sup>15</sup> For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. <sup>16</sup> Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

### 3. By looking to \_\_\_\_\_.

John 20:27-29 (ESV) <sup>27</sup> Then he said to Thomas, "Put your finger here, and see my hands; and put out your hand, and place it in my side. Do not disbelieve, but believe." <sup>28</sup> Thomas answered him, "**My Lord and my God!**" <sup>29</sup> Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have believed."

Psalm 143:6-8 New Living Translation (NLT) <sup>6</sup> I lift my hands to you in prayer. I thirst for you as parched land thirsts for rain. Interlude <sup>7</sup> Come quickly, Lord, and answer me, for my depression deepens. Don't turn away from me, or I will die. <sup>8</sup> Let me hear of your unfailing love each morning, for I am trusting you. Show me where to walk, for I give myself to you. "

Matthew 22:37-39 (ESV) <sup>37</sup> And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. <sup>38</sup> This is the great and first commandment. <sup>39</sup> And a second is like it: You shall love your neighbor as yourself.