

### III. **PRAYER** TO GOD (42:8b-10)

#### A. Pray **personally** (v8b)

Prayer is relational, not informational.

*“In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name.”* Matthew 6:9

*“For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, “Abba, Father.”* Romans 8:15

#### B. Pray **honestly** (vs 9-10)

Prayer is real, not fake

*“My God, My God, why have You forsaken Me? Why are You so far from helping Me, And from the words of My groaning?”* Psalm 22:1

*“And about the ninth hour Jesus cried out with a loud voice, saying, “Eli, Eli, lama sabachthani?” that is, “My God, My God, why have You forsaken Me?”* Matthew 27:46

### ASK GOD TO USE THIS PSALM TO TURN YOUR SOUR EMOTIONS INTO SWEET EMOTIONS

*“Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms.”* James 5:13

### SWEET EMOTIONS

#### Finding Hope When You Feel Depressed

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### INTRODUCTION

- A. Emotions are both sour and sweet. The Bible shows you how to turn your sour emotions into sweet emotions.

*“3 as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue,  
4 by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust.”* II Peter 1:3-4

- B. How you feel will directly impact your quality of life. In this series, you will learn how to deal with how you feel.

May 12 Finding Strength When You Feel Overwhelmed  
May 19 Finding Peace When You Feel Worried  
May 26 Finding Connection When You Feel Alone  
TODAY Finding Hope When You Feel Depressed  
June 9 Finding Confidence When You Feel Afraid  
June 16 Finding Control When You Feel Angry  
June 23 Finding Forgiveness When You Feel Guilty

This series is based on the book of Psalms.

- C. **Text:** Psalm 42:1-11 (Pew Bible/Pg 541/Old Testament)

**God** is your hope when you feel depressed (42:5,11).

## HOW TO FIND HOPE WHEN YOU ARE DEPRESSED

### I. **PASSION** FOR GOD (42:1-4)

#### A. Seek God to **receive** passion (vs 1-3)

*“Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day.”* II Corinthians 4:16

*“He who loves silver will not be satisfied with silver; Nor he who loves abundance, with increase. This also is vanity.”* Ecclesiastes 5:10

*“13 Jesus answered and said to her, “Whoever drinks of this water will thirst again, 14 but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life.”* John 4:13-14

*“Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord,”* Acts 3:19

*“Blessed are those who hunger and thirst for righteousness, For they shall be filled.”* Matthew 5:6

#### B. Worship God to **revive** passion (v4)

*“6 Oh come, let us worship and bow down; Let us kneel before the LORD our Maker.*

*7 For He is our God, And we are the people of His pasture, And the sheep of His hand. Today, if you will hear His voice:*

*8 Do not harden your hearts, as in the rebellion, As in the day of trial in the wilderness,“* Psalm 95:6-8

*“24 And let us consider one another in order to stir up love and good works,*

*25 not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.”* Hebrews 10:24-25

### II. **PERSPECTIVE** OF GOD (42:6-8a)

#### A. Remember God always **comforts** you (vs 6-7)

*“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.”* II Corinthians 1:3-4

#### B. Remember God always **loves** you (v8a)

*“35 Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?*

*36 As it is written: “For Your sake we are killed all day long; We are accounted as sheep for the slaughter.*

*37 Yet in all these things we are more than conquerors through Him who loved us.*

*38 For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come,*

*39 nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.”* Romans 8:35-39