

Christ Community Presbyterian Church PCA
2310 Nursery Road
Clearwater, FL
(727) 530-1770
<http://ccpconline.org>
Sundays at 10:30 a.m.

God's Medicine For Depression

Psalm 6:1-10

August 9, 2015

I. The Psalmist's Distress (v1-7)

A. God's wrath or disapproval.

Hebrews 12:3-11 Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. 4 In your struggle against sin you have not yet resisted to the point of shedding your blood. 5 And have you forgotten the exhortation that addresses you as sons? "My son, do not regard lightly the discipline of the Lord, nor be weary when reproved by him. 6 For the Lord disciplines the one he loves, and chastises every son whom he receives." 7 It is for discipline that you have to endure. God is treating you as sons. For what son is there whom his father does not discipline? 8 If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. 9 Besides this, we have had earthly fathers who disciplined us and we respected them. Shall we not much more be subject to the Father of spirits and live? 10 For they disciplined us for a short time as it seemed best to them, but he disciplines us for our good, that we may share his holiness. 11 For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

Job 23:2-4 "Today also my complaint is bitter; my hand is heavy on account of my groaning. 3 Oh, that I knew where I might find him, that I might come even to his seat! 4 I would lay my case before him and fill my mouth with arguments.

Romans 8:29 For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers.

2 Timothy 3:16 & 17 All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in

righteousness, 17 that the man of God may be complete, equipped for every good work.

Psalm 19:11-13 Moreover, by them is your servant warned; in keeping them there is great reward. 12 Who can discern his errors? Declare me innocent from hidden faults. 13 Keep back your servant also from presumptuous sins; let them not have dominion over me! Then I shall be blameless, and innocent of great transgression. 2 Timothy 4:2 preach the word; be ready in season and out of season; reprove, rebuke, and exhort, with complete patience and teaching. 2 Timothy 2:25 & 26 correcting his opponents with gentleness. God may perhaps grant them repentance leading to a knowledge of the truth, 26 and they may come to their senses and escape from the snare of the devil, after being captured by him to do his will.

1 Thessalonians 1:5 because our gospel came to you not only in word, but also in power and in the Holy Spirit and with full conviction. You know what kind of men we proved to be among you for your sake.

Revelation 12:10 And I heard a loud voice in heaven, saying, "Now the salvation and the power and the kingdom of our God and the authority of his Christ have come, for the accuser of our brothers has been thrown down, who accuses them day and night before our God.

1 Corinthians 11:25 In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me."

Hebrews 8:12 For I will be merciful toward their iniquities, and I will remember their sins no more."

B. The loss God's presence.

Psalm 77:5-9 I consider the days of old, the years long ago. 6 I said, "Let me remember my song in the night; let me meditate in my heart." Then my spirit made a diligent search: 7 "Will

the Lord spurn forever, and never again be favorable? 8 Has his steadfast love forever ceased? Are his promises at an end for all time? 9 Has God forgotten to be gracious? Has he in anger shut up his compassion?" Selah Lamentations 3:16–18 He has made my teeth grind on gravel, and made me cower in ashes; 17 my soul is bereft of peace; I have forgotten what happiness is; 18 so I say, "My endurance has perished; so has my hope from the Lord." 1 Kings 19:14 He said, "I have been very jealous for the Lord, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away."

C. The loss of sleep.

Philippians 4:6 & 7 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Psalm 127:2 It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.

D. Physical fatigue.

Isaiah 35:3 & 4 Strengthen the weak hands, and make firm the feeble knees. 4 Say to those who have an anxious heart, "Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you." Ezekiel 7:17 All hands are feeble, and all knees turn to water.

E. Spiritually and emotionally drained.

Hebrews 12:15 See to it that no one fails to obtain the grace of God; that no "root of bitterness" springs up and causes trouble, and by it many become defiled; Isaiah 38:15 What shall I say? For he has spoken to me, and he himself has done it. I walk slowly all my years because of the bitterness of my soul.

II. The Basis of Hope (v8-10)

A. Seeking after God.

2 Corinthians 10:5 We destroy arguments and every lofty opinion raised against the knowledge

of God, and take every thought captive to obey Christ, Lamentations 3:21–26 But this I call to mind, and therefore I have hope: 22 The steadfast love of the Lord never ceases; his mercies never come to an end; 23 they are new every morning; great is your faithfulness. 24 "The Lord is my portion," says my soul, "therefore I will hope in him." 25 The Lord is good to those who wait for him, to the soul who seeks him. 26 It is good that one should wait quietly for the salvation of the Lord. Psalm 77:10–13 Then I said, "I will appeal to this, to the years of the right hand of the Most High." 11 I will remember the deeds of the Lord; yes, I will remember your wonders of old. 12 I will ponder all your work, and meditate on your mighty deeds. 13 Your way, O God, is holy. What god is great like our God?

B. God's answer of assurance.

Jeremiah 33:3 Call to me and I will answer you, and will tell you great and hidden things that you have not known. Isaiah 55:6 & 7 "Seek the Lord while he may be found; call upon him while he is near; 7 let the wicked forsake his way, and the unrighteous man his thoughts; let him return to the Lord, that he may have compassion on him, and to our God, for he will abundantly pardon.

C. Hope produced boldness.

Hebrews 10:19–22 Therefore, brothers, since we have confidence to enter the holy places by the blood of Jesus, 20 by the new and living way that he opened for us through the curtain, that is, through his flesh, 21 and since we have a great priest over the house of God, 22 let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water.

1 Timothy 3:13 For those who serve well as deacons gain a good standing for themselves and also great confidence in the faith that is in Christ Jesus.

Philippians 2:3 & 4 Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. 4 Let each of you look not only to his own interests, but also to the interests of others.