Psalm 13
“From Depression to Delight”

-Thoughts on reading the NT
-Memory verse...
Romans 15:4
Consider the range of emotions in the Book of Psalms
Psalm 13 Outline

I. COMPLAINING

“The Question of Anxiety”
II. CRYING TO GOD

“Prayers out of Depression”
III. CONFIDENCE

“Rejoicing in a Song of Faith”
COMPLAINING

“How long, O Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me?”  

- Psalm 13:1-2
Called the “Howling Psalm” because “HOW LONG?” is expressed four times in 2 verses
“A hidden face is no sign of a forgetful heart.”

- C.H. Spurgeon
It is OK to complain to God
Example: Habakkuk
CRYING

“Look on me and answer, O LORD my God. Give light to my eyes, or I will sleep in death; my enemy will say, "I have overcome him," and my foes will rejoice when I fall.”

- Psalm 13:3-4
What do you see in verses 1-4 that indicate depression?
80% + of Americans have “Blue” days

About 20% + of Americans face depression

Definition – Cannot Function as Normal
Causes can include ....

- Hereditary – Physical Issues
- Life wounds and situations - emotional issues
- Bitterness, etc.
- Spiritual warfare

RESULT? Brain NEUROTRANSMITTERS do not work
Bible Illustrations of Depression

Elijah – “I have had enough, Lord ….take my life.”

- I Kings 19:4
Hannah – “and because the Lord had closed her womb, her rival kept provoking her in order to irritate her. This went on year after year ....till she wept and would not eat ...”

- *I Samuel 6-7*
Jesus – “...He began to be sorrowful and troubled and said “my soul is overwhelmed with sorrow to the point of death.....”

- Matthew 26:37-38
My Story

• A happy background
• A deep depression
• Help from others
• Good out of it
CONFIDENCE

“But I trust in your unfailing love; my heart rejoices in your salvation. I will sing to the Lord, for he has been good to me.”

- Psalm 13:5-6
“Some sing because they are happy. Some are happy because they sing.”
RESOURCES
Don’t waste your depression!!
If the Lord is your shepherd,

You can say with confidence ...

“Surely goodness and Love will follow me all the days of my life, and I will dwell in the House of the Lord forever.”

- Psalm 23