

Psalm 42 & 43

As a deer longs for flowing streams,

so I long for you, God.

I thirst for God, the living God.

When can I come and appear before God?

My tears have been my food day and night

while all day long people say to me,

“Where is your God?”

I remember this as I pour out my heart:

how I walked with many,

leading the festive procession to the house of God,

with joyful and thankful shouts.

Why, my soul, are you so dejected?

Why are you in such turmoil?

Put your hope in God, for I will still praise him,

my Savior and my God.

I am deeply depressed;

therefore I remember you from the land of Jordan

and the peaks of Hermon, from Mount Mizar.

Deep calls to deep in the roar of your waterfalls;

all your breakers and your billows have swept over me.

The Lord will send his faithful love by day;

his song will be with me in the night —

a prayer to the God of my life.

I will say to God, my rock,

“Why have you forgotten me?

Why must I go about in sorrow

because of the enemy’s oppression? ”

My adversaries taunt me,

as if crushing my bones,

while all day long they say to me,

“Where is your God? ”

Why, my soul, are you so dejected?

Why are you in such turmoil?

Put your hope in God, for I will still praise him,

my Savior and my God.

Vindicate me, God, and champion my cause

against an unfaithful nation;

rescue me from the deceitful and unjust person.

For you are the God of my refuge.

Why have you rejected me?

Why must I go about in sorrow

because of the enemy’s oppression?

Send your light and your truth; let them lead me.

Let them bring me to your holy mountain,

to your dwelling place.

Then I will come to the altar of God,
to God, my greatest joy.

I will praise you with the lyre,
God, my God.

Why, my soul, are you so dejected?

Why are you in such turmoil?

Put your hope in God, for I will still praise him,
my Savior and my God.

Psalms 42:1-43:5 (CSB)

Circle all phrases that describe the Psalmist's mental health and/or emotions

What phrases do you identify with?

Underline all the actions the Psalmist takes to deal with those emotions

Star the ones you think would help you the most right now

Box the phrases that tell us what God does for us when we're depressed

Brainstorm just three practical steps you can take this week from these Psalms

1. _____
2. _____
3. _____

Does this guarantee immediate relief of symptoms? No, the Psalmist says he will yet praise God. It is in the future tense. He knows remembering and coming to God will help, even if he doesn't feel like praising right away. While going through Scripture is only one part of the care you need to get through depression, it is the most important because we know the Word of God is supernatural and vital for life. Try this method on other Psalms and see what else you can glean from the Psalmists who often experienced times of darkness.