

## **How to Stay Encouraged in Depression (8/8/18)**

### ***How to Overcome Depression***

**Text:** (Ps 77) A Count Your Blessing Psalm

Christians get Discouraged, Depressed, & Anxiety.  
(Ps 77) Expresses the distress & sorrow of a man,  
Who is humbled before God,  
He is Asking God's special intervention to help

From his humble position, he came to count his  
blessings, & to be lifted from despondency.

### **What do we do when Normal is Gone?** (Vs 1-6)

(Vs 1-3) Relate Asaph's complaint when God had  
deserted him or given him over to chastening.

### **Acknowledge:** That normal is gone.

(Vs 1) Asaph's recall of past deliverance God had  
given to His people only aggravated his pain of the  
moment.

Yet, He cried to God with his voice, cried out vocally,  
audibly, and the Lord gave ear (heed) to him.

(Vs 2) He reached out his hand, stretched out his hand  
to God in the night, without ceasing, with a soul that  
would not be comforted.

(Ps 50:15) *And call upon me in the day of trouble: I  
will deliver thee, and thou shalt glorify me.*

(Vs 3) *I remembered God, and was troubled: I  
complained, and my spirit was overwhelmed. Selah.*

Like Job's complaint against God, & his "spirit was  
overwhelmed.

Asaph's powers of meditation simply failed him,  
knowing not how he should pray "as he ought,"  
(Ro 8:26, 27) - (Lu18:1) *Pray & Not Faint.*

(Vs 4) *Thou holdest mine eyes waking: I am so  
troubled that I cannot speak.*

He deliberated over past deliverance of his people,  
He then was brought to numbness, so that his eyes  
were held awake.

He could not give his spirit vent, in words or tears,  
any further.

(Vs 5) *I have considered the days of old, the years of  
ancient times. (De 32:7; Ps 143:5; Isa 51:9).*

(Vs 6) *I call to remembrance my song in the night: I  
commune with mine own heart: and my spirit made  
diligent search.*

He Remembered former hours of joy & thanksgiving,  
which aggravated the pain of his present situation.

He then communed with his own heart,  
He knew he was now in the Will of God, (2 Co 13:5).

**He asks Six questions:** (Vs 7-9)

Relates six soul searching questions that sprang from Asaph's soul that sleepless night, when his prayers did not seem to avail anything, (Jas 4:3) *Ask Amiss*

1) Will the Lord cast off forever? Oh No, (Jn 10:27-29)  
(Jn 6:37) *no wise cast out.*

2) Will he be favorable no more? O, yes, He will,  
(Heb 13:5; Ro 8:28, 32\*)

3) Is his mercy clean gone forever? O, No, (La 3:22;  
Mt 5:7) *Blessed are the Merciful, for they shall ...*

4) Does his promise fail for evermore? O, No,  
(Ro 4:21; Php 1:6)

5) Has God forgotten to be gracious? Surely not,  
(Isa 49:15; Ro 5:20; Jas 4:6; 1Pe 5:5)

6) Has He in anger shut up (forever) His tender mercies? Certainly not, (Ac 17:28; Jas 1:17)

God is still "merciful, gracious, longsuffering, abundant in goodness, & truth," to those who receive and obey Him, (Ex 34:6; Ps 103:8).

He has pledged & will not forget, to be gracious to His own, (Isa 49:15)

**Accept:** That this is the new normal.

(Vs 10) *And I said, This is my infirmity: but I will remember the years of the right hand of the most High.*

Asaph's resolved to recognize God's will in his moment of infirmity & to see his affliction as a Divine appointment, & profit from it, as God willed it.

Right NOW, the storm is better for you than the comfortable calm that lulls you to sleep.

(Vs 11-12) Asaph resolved to profit from reflection on the mighty hand of God that had sent judgment for sin, blessings & deliverance on his people in the past;

(1Co 10:11) *Now all these things happened unto them for ensamples: and they are written for our admonition, upon whom the ends of the world are come.*

(Phil 1:12-14)

The Reason for the Storm is to Mold us into Jesus' Image. (Rom 10:29; Job 23:10) *But he knoweth the way that I take: when he hath tried me, I shall come forth as gold.*

Acknowledge, Your Normal is Gone...

Accept, that this is the NEW Normal...

**Adapt:** Create a new ministry an serve God.  
(Vs 13-18) Your God can do anything with nothing!

(Isa 26:9) *With my soul have I desired thee in the night; yea, with my spirit within me will I seek thee early: for when thy judgments are in the earth, the inhabitants of the world will learn righteousness.*

*Acknowledge, Your Normal is Gone...  
Accept, that this is the NEW Normal...  
Adapt, Create a new ministry an serve God...*

**Accelerate:** Go on for the Lord.  
(Ecc 9:4) *For to him that is joined to all the living there is hope: for a living dog is better than a dead lion.*

You created a new normal & a new ministry.  
Now Follow God!

(Vs 19-20) Asaph Resolved to Follow God!

***3 Blinders that keep me encouraged.***

**Keep your passion for Christ Growing.**

Build your intimacy with God.

"Show me your ways"

"Show me your glory"

Moses knew the presence of God.

Twice he had 40 days of Intimacy.

(James 4:8) *Draw nigh to God and he will draw nigh to you.*

***Elijah ran when Jezebel threatened him.***

He was physically, emotionally, Spiritually exhausted.  
Don't make Life altering decisions when you are ar  
depressed.

You don't think clearly when you are depressed.

***It takes intimacy in prayer.***

Closet prayers - Crying out.

Write your prayers.

Write Scripture and Talk to God About Them.

**Keep your eyes on your Mission:**

We are to be building people spiritual: (Matt 28:19-20)  
Don't forget what you are there for.

In hockey, we are not here to fight, but we are here to  
put the puck in the net.

Use the Fruits of Spirit as my check list. (Gal 5:22-25)

God will allow people to poke us, to shape us into the  
image of Christ.

Remember this is the Normal, for now.

Things will change! Some Good, Some Bad.

Marriage, children, Career, Empty Nest, Retirement.

(2 Cor 12:1-15\*) Paul's testimony of hardships.

**Keep your relationships as right as humanely possible.**