



## A Cry from the Depths

NorthRidge Church

Dr. M. David Myers

November 11, 2018

## Truth for Life

For the week of November 11, 2018

(Questions and Scriptures for further study)

*As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God. Psalm 42:1-2*

### Understanding the Backstory

Cp. 2 Samuel 16:5-23

Root Causes of his Spiritual Depression ...

- Personal \_\_\_\_\_
- Spiritual \_\_\_\_\_
- Lack of Experiencing \_\_\_\_\_
- The \_\_\_\_\_ of Others

### An Encounter with Depression – Psalm 42

- 1) \_\_\_\_\_ with all that You Have – vs. 1-2
- 2) Be Honest when Seeking is \_\_\_\_\_ – vs. 3, 7, 9-10
- 3) Remind Yourself of \_\_\_\_\_ – vs. 6-7
- 4) Be Intentional to \_\_\_\_\_, no matter What– vs. 8-11

### Closing Thoughts ...

No one is Beyond the Potential of \_\_\_\_\_

In Depression, what you know to do \_\_\_\_\_ may be in direct contradiction to what you feel \_\_\_\_\_ and \_\_\_\_\_.

\_\_\_\_\_ is your Greatest Asset ... Lean On It.

\_\_\_\_\_ and You are not \_\_\_\_\_!

1. Have you ever known someone who could not find forgiveness for some wrong they had done? What efforts did they pursue in trying to find release? What was the end result?
2. How critical is it for us as followers of Christ to assist others we see struggling with unforgiveness to find forgiveness? What tools might we use to assist us in that endeavor? Have you been successful in assisting someone to find forgiveness? What did you do?
3. Sunday we were challenged by Psalm 42:1, 2 to seek God. What does it mean to seek Him? Identify from the following verses what it means to seek Him and what benefit will be the result if He is sought.  
Deuteronomy 4:29    Jeremiah 29:11-14    Hebrews 11:6  
Matthew 6:33        1 Chronicles 16:11    Isaiah 55:6-7
4. Psalm 42 is commonly thought as a Psalm given by David during the time he was hiding from his son Absalom. He is away from home, away from his support structure, he is being lied about by trusted advisors, and he is still struggling with his own failure with Bathsheba and Uriah. He is depressed. He is emotionally worn out. In verses 4 and 5 he “remembers” or calls to memory what he knows that he may not be experiencing. What role, if any, does “Truth” play in our attempt to find peace in confusing situations?
5. Consider the Closing Thoughts from Sunday. Which of these catch your attention? Why? How is God desiring to use that in your life?
6. Here are some more challenging questions that will be great to ponder among your small group.
  - a. Is being depressed a sin? Explain. Use Scriptural support if possible. Is taking medication for depression appropriate? Is taking medication an indicator of a weak faith?
  - b. Is there any biblical support that a depressed person needs to build his self-esteem? How should a depressed person view himself?
  - c. How would you assist a depressed person to find Hope?



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### Understanding the Backstory

Cp. 2 Samuel 16:5-23

Root Causes of his Spiritual Depression ...

- Personal **Adversity**
- Spiritual **Confusion**
- Lack of Experiencing **God's Presence**
- The **Accusation** of Others

### An Encounter with Depression – Psalm 42

- 1) **Seek God** with all that You Have – vs. 1-2
- 2) Be Honest when Seeking is **Beyond You** – vs. 3, 7, 9-10
- 3) Remind Yourself of **Truth** – vs. 6-7
- 4) Be Intentional to **Follow Truth**, no matter What– vs. 8-11

### Closing Thoughts ...

No one is Beyond the Potential of **Depression**

In Depression, what you know to do **Spiritually** may be in direct contradiction to what you feel **Emotionally** and **Physically**.

**Truth** is your Greatest Asset ... Lean On It.

**God Loves You** and You are not **Alone!**

1. Have you ever known someone who could not find forgiveness for some wrong they had done? What efforts did they pursue in trying to find release? What was the end result?
2. How critical is it for us as followers of Christ to assist others we see struggling with unforgiveness to find forgiveness? What tools might we use to assist us in that endeavor? Have you been successful in assisting someone to find forgiveness? What did you do?
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