

Summer **IN THE PSALMS**

When I Feel Depressed Psalm 42:1-11

Experiencing sorrow is normal. Sorrow controlling you is optional.

1. When feeling down, take stock of your emotions. (v.1-4)
2. When feeling down, make use of your faculties. (v.5-11)

Talk to yourself (v.5, 11)

Think about God (v.6-7)

Sing to God (v.8)

Pray what you feel (v.9-10)

MY APPLICATION

Use the following questions this week to reflect on what it would mean to align yourself with the truths taught in Scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family, friends, or small group.

1. Deep in your soul is a thirst no earthly thing can satisfy. How have you tried to fulfill your inner thirst apart from God? In what ways has God met your soul thirst?
2. A person's greatness is not measured by their talent or their wealth, but by what it takes to discourage them. What discourages you? What do you do when you are discouraged?
3. The Psalmist led himself to do four crazy things to overcome sorrow. Which of the four is easiest for you? Which is the hardest? Which do you need to start doing today?
4. This week's spiritual practice: Set a reminder on your phone to speak Psalm 42:5 aloud to yourself each day this week.

Memory Verse

"Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God."

Psalm 42:5