

A song for my tears (Psalm 42)

A Psalm of Lament

Martin Luther, Charles Spurgeon, Apostle Paul (2 Cor 1:8)

Reasons for the Psalmist's Depression

1. Spiritual Thirst Unfulfilled (v. 1-3a, 6)
2. Criticisms from Others (v. 3b, 10)
 - Ed Murphy of Overseas Crusades
3. Accumulation of Troubles (v. 7)
4. Memories of the Past (v. 4)

Remedies for the Psalmist's Depression

1. Speak God's Truth to Yourself (v. 5, 11)

“Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself? ...preach to yourself, question yourself. ...exhort yourself, and say to yourself: ‘Put your hope in God’—instead of muttering in this depressed, unhappy way. ...remind yourself of God, Who God is, and what God is and what God has done, and what God has pledged Himself to do. ...defy yourself, and defy

other people, and defy the devil and the whole world, and say with this man: ‘I will praise Him again...’

Martyn Lloyd-Jones

2. Bring Your Despair to God (v. 8-9)