

*Rhema Christian Center*  
*Triumphant Tuesday*  
*Bible Study*  
*Psalm 43*  
*Presenter: Eddie Poinexter*  
*March 29, 2022*

Title:

From Down in the Dumps Depression, to  
A Purposeful Procession of Praise.

Theme:

Hope in a time of discouragement;  
In the face of discouragement, our only hope is in God.

Vital Verse (3): O send out thy light and thy truth: Let them lead me;  
Let them bring me unto thy holy hill, and to thy tabernacles.

Note: The psalm writer ask God to send his light and truth to guide him to the temple, where he would meet God. God's truth provides the right path to follow.

***1 John 2:27 "But the anointing which ye have received of him abideth in you, and ye not need that any man teach you: but as the same anointing teacheth you of all things, and is truth, and is no lie, and even as it hath taught you, ye shall abide n him."***

Christ lives (abides, dwells) in us, and we also live in Christ.

This means we put our total trust in him and live as he wants us to live.

It implies a personal, life giving relationship (Jesus is the vine, we as his disciples, are his branches).

It also implies that Jesus is the light and the truth which should, bolster our trust in God our heavenly Father.

Christ promised to send the Holy Spirit to teach his followers and remind them of all that he had taught them (John 14:26 "But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said to you.)

As a result, Christians have the Holy Spirit (anointing) within them to stay true to Christ and discern truth from error.

Anointing: The burden removing and yoke breaking power of God. Anointing is what empowers a person to function supernaturally, and enables a person to do supernatural things.

Scriptural truths:

Hebrew 13:5 "I will never leave you nor forsake you." {God's promise for life -or- God's life long promise}

John 14:18 " I will not leave you comfortless, I will come again.

Deuteronomy 31:6 "I will be strong and courageous; I will not be afraid or terrified because of them, for the LORD my God goes with me, he will never leave me or forsake me." {make it personal}...build yourself up in your most holy faith.

Psalms 43 segmented meanings:

## INVOCATION

1. {Judge/Vindicate} me, O God, and plead my {cause/case} [*fight for me*] *against an ungodly nation:*

## LAMENT

O deliver me from the deceitful and {unjust/evil} [man/men].

## CONFIDENCE

2. For thou art the God {of my strength/who shelters me}: why [dost/have] thou [cast me off/rejected me]?

## LAMENT

Why {go I/must I walk around} mourning because of the oppression of the enemy? [my enemies oppress me...]

## PETITION

3. {O send out/Reveal} thy light and thy [truth/faithfulness]:  
[let them/they will] lead me; [let them bring/they will escort] me {back...}  
Unto thy holy hill, and to thy [tabernacles/dwelling place(s)].

## CONFIDENCE/PRAISE

4. Then will I go unto the altar of God, unto God {my exceeding/who gives me ecstatic} joy: yea, upon the harp will I praise thee, O God my God.

## CONFIDENCE

5. Why art thou {cast down/in despair/depressed}, O my soul? And why art thou [disquieted/disturbed/upset] within me? [hope in/wait for ] God: for I shall [yet/again] {praise him/give thanks to my God}, who is the [health/help] of my countenance, and my God. {for God's saving intervention...}.

The psalmist (most likely King David) speaks of being cast down or *depressed*. In (v.2) he speaks of mourning, so he is experiencing some sort of inner turmoil that is causing him to give up and want to quit in his life (sever depression).

In the psalm he tells us why he is depressed

- He mentions an ungodly nation full of unjust or evil men
- These men are his enemies and that they are oppressing him.

It is believed by some that the nation mentioned is not a forienge nation, but that of David's very own nation and people of Israel.

He is depressed because *his own people*, not some foreign entity, are oppressing him. They're deceitful and evil and oppressive.

And we can identify with what that's like to live in a country marked by lying, evil, and oppression of those who love the Lord.

So, we know that the psalmist is depressed.

We know why he's depressed: enemies who are lying and oppressing and being generally wicked.

But what's the solution to the psalmist's depression?  
(Let's put on our Dr.Phil hat).

#### AN INTERNAL THOUGHT:

In the psalmist's *mind*, what he needs is a very basic and foundational level of help with his depression by having God act decisively.

The psalmist ends verse 1 by begging God for deliverance.

But that's not where it ends. The psalmist needs God to protect him physically from his enemies.

But that's not where it ends either;  
the psalmist goes on to focus rather on his relationship to God and his word.

In verse 3 he ask God to "send out" his "light and truth". And he says if God does this, the psalmist will be led back to God's Tabernacle in (verse 3-4).

Negatively, he needs God to hold back his enemies.

Positively, he needs God to encourage him by unleashing his truth in David'd life.

And when those things happen, it's only a matter of time until David is brought back to God's Tabernacle.

#### MINDSET REFRAMING: Processional of Praise

And then this is when his thinking and "mindset" start to shift from his problem and his "depression" to the desirability of God.

In verse 4 he starts to visualize being back at the Tabernacle where he would offer sacrifices.

In connection with the altar in verse 4, what he says he is going to do, is praise God on the harp. Praise will be David's sacrifice to God when he's brought back to God's Tabernacle in Jerusalem.

So, David will turn from his depression to instead praise this God who is the God of his strength in (verse 2).

He is the God who gives David “*exceeding joy*” in ( verse 4). And this “strength-giving”, “joy-giving” God is truly David’s... He is ***my God*** in verse 4.

#### GODLY MINDSET:

And so, in light of these realities, and the fact that David’s God is also ours. Any of us who are depress and cast down can ask ourselves with David...”Soul why are you depressed and cast down? **HOPE in God!**” (verse 5)

THEOLOGICAL VIRTUES: Faith,**HOPE**, Love

Why is HOPE important?

- Hope reduces feelings of hopelessness.
- Hope increases happiness, reduces stress, improves ones quality of life and health.

What is HOPE?

1. A feeling of expectation and desire for a certain thing to happen
2. A feeling of trust.
3. 3. Grounds for believing that something good may happen.
  - (Keep Hope Alive!)

HOPE: (Hebrew) - Expectation & cord or rope; which comes from a root word meaning bind or to wait for or upon.

HOPE: (Greek) - expectation, trust, confidence - root word (elpo) meaning to anticipate (with pleasure) and to welcome.

2 Corinthians 2:14 (AMP) But thanks be to God, who always {leads} us in **Triumph** in Christ, and through us spreads and makes evident everywhere the sweet fragrance of the knowledge of Him.

HOPE: Psychology Today - Hope is key to our existence, to our ability to persevere and to achieve goals . Indeed research shows hope is key to our physical and mental well-being and that it can promote healthy lifestyle

behaviors. Hopeful people believe they can influence their goals, that their efforts can have a positive impact.

HOPE: Spiritual - Believing things will happen with faith in a higher power.

Directing “hope” outward in prayer, always looking on the brightside and seeing challenges as opportunities.

*Resources:*

*Life Application study Bible KJV*

*Psychologytoday*

*Refugecounseling.com*

*Extern.org*

*wordsoffaithhopelove.com*