



WPA

Let's TALK

DEPRESSION

¹ I cry aloud to the LORD;
I lift up my voice to the LORD for mercy.
² I pour out before him my complaint;
before him I tell my trouble.
³ When my spirit grows faint within me,
it is you who watch over my way.
In the path where I walk
people have hidden a snare for me.

Psalm 142:1-7

⁴ Look and see, there is no one at my right hand;
no one is concerned for me.

I have no refuge;
no one cares for my life.

⁵ I cry to you, LORD;
I say, “You are my refuge,
my portion in the land of the living.”

Psalm 142:1-7

⁶ Listen to my cry,
for I am in desperate need;
rescue me from those who pursue me,
for they are too strong for me.
⁷ Set me free from my prison,
that I may praise your name.
Then the righteous will gather about me
because of your goodness to me.

Psalm 142:1-7

**Depression is a mood disorder
that disrupts the way a person
functions in day-to-day life**

**Even people after God's own
heart can become depressed**

**1) A CRY OF
COMPLAINT FROM
THE CAVE**

¹ I cry aloud to the LORD;
I lift up my voice to the LORD for mercy.
² I pour out before him my complaint;
before him I tell my trouble.
³ When my spirit grows faint within me,
it is you who watch over my way.

Psalm 142:1-3a

**The superscript in Psalm 142
instructs, “A maskil of David.
When He was in the cave.
A prayer.”**

¹ David left Gath and escaped to the cave of Adullam.

1 Samuel 22:1a

**The interpretive key to
unlocking David's depression
is the intertextuality between
the historical narrative of
David in 1 Samuel 22:1-5 and
the poetic prayer of David in
Psalm 142:1-7**

**Prayer must become our instant
reaction instead of
our last resort**

**When overcome with depression,
silence is
not an option**

17 The righteous cry out, and the LORD hears them; he delivers them from all their troubles.

Psalm 34:17

2) A CRY FOR

CONCERN FROM THE

CAVE

In the path where I walk
people have hidden a snare for me.

⁴ Look and see, there is **no one** at my right hand;
no one is concerned for me.

I have **no** refuge;
no one cares for my life.

⁵ I cry to you, LORD;
I say, “You are my refuge,
my portion in the land of the living.”

Psalm 142:3b-5

**A) CARE FROM OUR
FAMILY**

When his brothers and his father's household heard about it, they went down to him there.

1 Samuel 22:1b

**We are not just a church,
we are a spiritual family**

**B) CARE FROM
OTHERS WHO ARE
ALSO DEPRESSED**

² All those who were in distress or in debt or discontented gathered around him, and he became their commander. About four hundred men were with him.

1 Samuel 22:2

**You are not alone in your
struggle with depression**

**These men gathered around David
and looked to him for leadership
when he felt least
like a leader. People who are
concerned about you will
remind you of who you
really are.**

**C) CARE FROM OUR
FRIENDS**

¹⁵ While David was at Horesh in the Desert of Ziph, he learned that Saul had come out to take his life.

¹⁶ And Saul's son Jonathan went to David at Horesh and helped him find strength in God.

1 Samuel 23:15-16

**A real friend is one that
encourages you in the Lord.
We need more biblical friendships
like the one
between David and Jonathan.**

**3) A CRY OF
CAPTIVITY FROM
THE CAVE**

⁶ Listen to my cry,
for I am in desperate need;
rescue **me** from those who pursue **me**,
for they are too strong for **me**.
⁷ Set me free from my prison,
that I may praise your name.
Then the righteous will gather about me
because of your goodness to me.

Psalm 142:6-7

³ From there David went to Mizpah in Moab and said to the king of Moab, “Would you let my father and mother come and stay with you until I learn what God will do for me?” ⁴ So he left them with the king of Moab, and they stayed with him **as long as David was in the stronghold.**

1 Samuel 22:3-4

**People were able to comfort
him, but only God could
save him**

**Not all depression is a physical
battle. Some parts
of depression are a
spiritual battle.**

²⁵ About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. ²⁶ Suddenly there was such a violent earthquake that the foundations of the prison were shaken. At once all the prison doors flew open, and everyone's chains came loose.

Acts 16:25-26

**Praise not only proceeds,
but precedes the victory
over depression**

⁶ David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the LORD his God.

1 Samuel 30:6

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

Psalm 42:5; 11; 43:5

⁵ But the prophet Gad said to David, “**Do not stay in the stronghold. Go into the land of Judah.**”
So David left and went to the forest of Hereth.

1 Samuel 22:5

MATTHEW WEST

Truth Be Told





WPA

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