

3 Psalms are a spiritual treasury... Dr. Martyn
Lloyd-Jones Spiritual Depression: its causes + cur

▶ Psalm 42:5 to illustrate the most important
spiritual discipline

Do you know what it is?

① The Psalmist's spiritual condition/our condition

☰☰ As a deer pants for streams, my soul
pants for you, O God...

1. Our souls need God like our
bodies need water

True of every person here

2. While we can remember times when
God seemed close, now God seems
distant 42:2-4, 9-10 Public Worship...
Sons of Korah

3. Because of this, our soul is
"cast down within me"

Spiritual Depression

Self-Assessment

Mark a box

- Do you need to investigate if your thirst for _____ is a thirst only Θ can satisfy?
- Do you remember past spiritual "highs" when God seemed close + His love real, and does He now feel distant?
- Are you in that state of real closeness to Θ , experiencing His love, praising Him?

② The spiritual discipline to combat our condition

Why are you cast down, O my soul, and why are you in turmoil within me? Hope in Θ ; for I shall again praise him, my salvation and my Θ ."

Discipline = Preaching the Gospel to self

1. Explain = Taking yourself by the hand and talking to yourself with the truth of the Gospel Lloyd-Jones

Don't you talk to yourself all the time?

Examples THIS is talking to yourself the truth of Gospel/Good News until ♥ feels it!

2. Model

☑ Psalmist remembers God vs. 6, Men's Prayer

☑ Psalmist witnesses to LORD's steadfast love/song w. me despite breakers and waves going over me ▶ Jonah 2:3

☑ Psalmist tells himself of God's "Future Grace"

• Piper, and anticipates "Future Worship"

42:11b, also 43:3-4

Apply Echoes of Jesus Christ

1. When troubles, enemies, waves + billows overwhelm you, you are not weird or wimpy or wrong! OT saints... Jesus "why have you forgotten me," ultimate Jonah
2. You do need Jesus/Θ like body needs water. On Cross Jesus thirsted for you "I thirst" so that you could have a relationship w. Θ and never fear separation from Θ Romans 8:35_{ff}
3. Practice Preaching the Gospel of Jesus to self Arsenal of truth + beauty + include Public Worship