

Psalms 102-103 – 27 July 2025

“Removed From Depression”

Introduction

- *This is 4th of 6 messages in the 4th Book of Psalms
- *Psalms - the Israeli Hymnbook or Book of Praises
- *Psalms 102-103 wonderfully go together to show a marvelous 2-pronged way out of depression
- *In a 2023 Gallup poll 17.8% of American adults report depression or being treated for depression
- *29% have been diagnosed at some time in life
- *13.2% are currently taking antidepression meds
- *Many studies from the American Asso of Christian Counselors reveal those that believe in God are **more than twice as likely** to respond positively to treatment
- *No doubt God has all the answers we need to help
- ***So today, let's look at both of these avenues of attack to be removed from depression**

1st Way Out Of Depression: Grab On To God's Bigger Plan For Us (Psm 102)

Intro – Afflicted can be translated *down*, *lowly*, or even *depressed* – could be in mind, finances or health

We should be humble but there is a lowly that is depressed & fainting

What's the afflicted need? Grace (Read Prov 3:34)

Read Psm 102:1-2

1. Do not overlook the superlative 1st action of the distressed coming to the right place...to the Lord
2. Do we turn to our credit card or ingenuity in distress or to the One who's allowed the situation?

Reada Vs 3-7

1. He compares himself to 2 lonely birds
2. His health is fading b/c of his mourning, he's not eating or sleeping
3. It's interesting the specific distress isn't named, this makes it easy to apply to many situations

Read Vs 8-9

1. His enemies ‘reproach’; this is *to strip away*
 - a. Same word is translated *winter*
2. He’s so familiar with the elements of mourning (weeping & ashes) that it’s like they’re his food

Read Vs 10-11

1. This highlights the true source of the distress is that he believed the Lord was the cause of it
 - a. As if the Lord was a wrestler, picking him up & body slamming him down
2. He saw life declining to the end like a sundial

Read Vs 12

1. What a sharp contrast
 - a. It changes from *I, me, my* to *You* God
 - b. We’ve thought of the frailty of man, now we magnify our everlasting God
2. This verse is the choice in faith to turn to God

Read Vs 13-14

1. There are a few time periods in which Jerusalem sat in ruins awaiting God’s restoration

- a. Whichever this refers to is unclear; it can yet apply to Israel's salvation to come
2. Now how does this fit w/ the Psalmist's personal complaints from the 1st half of the Psalm
 - a. To come out of his personal distress, he looks beyond himself to God's larger plan
3. Godly Elijah knew joy AND depression
 - a. When he was feeling alone & dying, God pointed him to the *larger mission at hand*
 - b. Read I King 19:13-16 – After God told him to eat & sleep right, He put him back to work

Read Vs 15-17

1. God is doing a work that will be glorified in the entire world – it's a BIG plan
2. Our prayers should go beyond ourselves to God's bigger plan

Read Vs 18-22

1. What vision the Psalmist has to see the grand plan of God coming together in the end

2. Grand plan isn't just to restore Israel, but to bring Messiah thru them; He'll set prisoners free
3. Free from what prison? The prison of death
 - a. We will have sorrow (Read) John 16:20
 - b. But as we consider death, we actually have hope (Read) I Thes 4:13-14
 - c. B/c Jesus has defeated death, we shall all *gather together again*

Read Vs 23-27

1. Mankind & creation itself have a physical time limit b/c we are afflicted w/ corruption
 - a. Lord Kelvin said, 'Universe is like a clock wound up by the Creator & left to run down'
 - b. Yet God's plan endures until completion
b/c He will endure

Read Vs 28

1. And what is the completion of that plan? That all those that are His will dwell in life everlasting
 - a. And so shall we ever be with the Lord

2nd Way Out Of Depression: Meditate On All God's Benefits For Us (Psm 103)

Read Psm 103:1-2

1. There is that psychological term *self-talk*
 - a. If we mean 'to speak to ourselves Biblical truth & no lies', then praise God; David did
 - b. Read Psm 42:5
 - c. We're always pulled to put our eyes on our situation & forget what God can do & has done
 - d. Peter walked on water...for a short while

Read Vs 3-5

1. Often our eyes are on the temporary "fun" the world's having & we think of what we don't have
 - a. But what joy when we see what we do have
2. Crowning w/ lovingkindness is to *encircle* us
3. There may be no greater thing God can do than to bring us satisfaction (ie vs 5)
 - a. He can *fulfill* us, but that has an *ending*
 - b. He can *complete* us, but doesn't imply *good*

4. Webster's 1828 dictionary for satisfy: "To gratify wants, wishes & desires, to supply possession or enjoyment till no more is needed or even desired"

Read Vs 6-7

1. So vs 3-5 is benefits to the individual, vs 6-7 are benefits by the giving of His Law to society
2. He's provided us His guidebook for life

Read Vs 8-10

1. How about the benefit of His grace
 - a. Justice – getting what we deserve, hell
 - b. Mercy – not getting what we deserve, hell
 - c. Grace – getting what we don't deserve, heaven
2. How is it that He can deal w/ us *not* according to our sins? B/c Jesus Christ took them away

Read Vs 11-12

1. Interesting that He says our sins are removed like the east is from the west
 - a. Going north you'll eventually go south
 - b. But if you go east or west, you'll always be going that direction b/c they never touch

Read Vs 13-14

1. As a potter to the clay, the Lord knows how to apply just the right amount of corrective force
 - a. In Matt 12:20 Jesus said Isa 42:3 was about Himself, “a bruised reed He shall not break & a smoking flax He shall not quench”
2. What a benefit of being born into God’s family

Read Vs 15-18

1. The benefits of this earth so quickly fade away
2. Mary the Mother of Jesus quoted this vs 17
 - a. She may have had very little benefits on earth, in fact she experienced much pain
 - b. But she’s blessed to be the mother of Jesus & in that “all generations will call her blessed”
3. 🎵 ‘You can have all this world, give me Jesus’

Read Vs 19-22

1. The Lord has the power to sustain all His benefits toward us forever

2. This is universal call for all things to bless God
– from the very large down to the individual soul
3. This Psalm began w/ a look at self
 - a. But b/c it reflects on God's great benefits it scopes out universally
 - b. Then ends w/ reflection on self in light of it

Conclusion

If you or anyone you love is experiencing depression or depression-like symptoms...talk to your Maker

Consult your Bible for further instructions

Side effects may include a clear head, loss of fleshly cravings and thoughts of eternal life & peace

1. **So Grab On To God's Bigger Plans**
 - a. There're great things happening, be apart
2. **Meditate On All God's Benefits**
 - a. God's benefits are eternal & irrevocable!