

Overcoming a Spiritual Slump Psalm 103:1-5

Robert Kuenster, in Forbes Magazine, "Slumps can't be explained. Teams will go into them, so will batters, pitchers and, more rarely, even fielders. They've been a part of baseball since the game was born more than 140 years ago and have affected the greats, the near-greats and even guys who couldn't buy a hit during a hot streak...For players mired in a slump, it's a good bet it's due to not being locked in mentally. Their concentration is off and it's a condition that can last for several games."

Could you be in a spiritual slump? How do you overcome it?

1. There are Reasons for Spiritual Slumps

- A. **The Culture we have built** - All you have to do is look around our country and you can mentally and spiritually get in a slump.
- B. **The Lies We Believe**
- C. **Your spiritual slump could be unresolved sin**, or, it could be from the loss of a job, promotion, or perhaps from the loss of a family member or friend that has caused you distance between you and God.

2. There are Some Remedies When You're in a Spiritual Slump

A. Spend time looking deeply at the heart of God (v. 1, 13-14)

B. Spend time with people who are hungry for God! (vv. 20-21)

C. Spend time thinking through the benefits of knowing Him! (v. 2) "Forget Not"

- **Deut. 4:23** "Take care, lest you forget the covenant of the Lord your God, which He made with you, and make a carved image, the form of anything that the Lord your God has forbidden you."
- **Deut. 6:12** After God has brought you into a fruitful land, "then take care lest you forget the Lord, who brought you out of the land of Egypt, out of the house of slavery."
- **Hosea 13:4-6** "But I am the Lord your God from the land of Egypt; you know no God but me, and besides me there is no savior. It was I who knew you in the wilderness, in the land of drought; but when they had grazed, they became full, they were filled, and their heart was lifted up; therefore, they forgot me."

3. There are Some Reminders that Will Renew Your Faith in the Midst of a Spiritual Slump

A. **Remember that God Forgives and Heals You! (v. 3)**

- After going through a period of extreme guilt and being confronted with his sin by the prophet Nathan **2 Sam. 11-12**, David cried out in **Ps. 32:1-5** "Blessed is the one whose transgression is forgiven, whose sin is covered. Blessed is the man against whom the Lord counts no iniquity, and in whose spirit there is no deceit. --- For when I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. I acknowledged my sin to you, and I did not cover my iniquity; I said, 'I will confess my transgressions to the Lord', and you forgave the iniquity of my sin."

- In **Mark 2:1-12** we see ALL this in action – Jesus forgives, heals and everyone began to praise the Lord, saying, “We never saw anything like this!”

B. Remember that God Redeems and Crowns You! (v. 4) (Look at vv. 11-19 – We are a part of that kingdom. **1 Pet. 2:9** “But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his glorious light”).

The Lord not only REDEEMS us but He CROWNS us as royalty and gives us (v.4) His **STEADFAST LOVE (Hesed** – his faithful, reliable, and loyal LOVE). It is love in action!! It is love that has it's fullest expression in Christ going to the Cross and redeeming us through His blood and crowning us kings and priests to our God through His resurrection giving Him victory over death and hell!

- **One of the greatest pictures of this was Mephibosheth in 2 Samuel 9.** ... David asked...whom he could show HESSED (steadfast love). Ziba knows about Mephibosheth...**Picture of GRACE!**
- **Spurgeon writes:** “Our Lord does nothing half way, He will not stay his hand til he has gone to the uttermost with his people. Cleansing, healing, redemption, are not enough, he must needs make them kings and crown them, and the crown must be far more precious than if it were made of corruptible things, such as silver and gold; it is studded with gems of grace and lined with the velvet of lovingkindness; it is decked with the jewels of mercy but made soft for the head to wear by a lining of tenderness. Who is like unto thee, O Lord! God himself crowns the princes of his family, for the best things come from him directly and distinctly; they do not earn the crown, for it is of mercy not of merit; they feel their own unworthiness of it, therefore he deals with tenderness, but he is resolved to bless them, and therefore, he is ever crowning them, always surrounding them with mercy and compassion!” **Who is like unto our God?!**

C. Remember that God Satisfies and Renews You! (v. 5)

- **Augustine famously said,** “You have made us and drawn us to Yourself, O Lord, and our heart is restless until we find our rest in You!” --- **Spiritual slumps will always come on the heels of trying to find your satisfaction in something or someone other than Christ!**
- **John Piper wrote:** “God is most glorified in me, when I am most satisfied in Him.”
- **When we are satisfied in Christ, he RENEWS us** – “so that your youth is renewed like the eagles.” The older we get, the more we wish we had the energy of our youth. This part reminds of **Is. 40:31** “but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.”

Conclusion: Spiritual slumps will happen, but the Lord is with you... “So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal” (2 Cor. 4:16-18). You want to get out of this slump? Remember what you have in Christ and whose you are in Christ!

Takeaways:

1. Spiritual slumps will happen, and
2. When they do, look deeply into the heart of God,
3. Get around people who are hungry for God, and
4. Think through the benefits of knowing Him.
5. Then, you will be renewed in your faith to live full out for Christ!