



MESSAGE NOTES

PRACTICAL TEACHING FOR EVERYDAY LIVING

Title: **Depression: Walking from Darkness to Dawn**
Series: **The Struggle is Real**
Text: **Psalm 42; 2 Corinthians 1:8-10**
Speaker: **Kevin T. Hardy** Date: **April 26, 2026**

National Institutes of Mental Health estimates that _____ million people suffer.

The _____ Picture - depression is defined as “a mental state of depressed mood characterized by feelings of sadness, despair and discouragement,” with sufferers typically experiencing low morale, low self-esteem, loss of ambition, and physical symptoms including fatigue, malaise, unexplained crying, and generalized poor health.

The _____ Picture - The biblical understanding of depression centers on the Greek term *exaporeomai*, meaning **“to find no way through”**—capturing the mental frustration of someone who feels utterly stuck.

These two pictures - the clinical and biblical - are not _____.

MOVING FROM DARKNESS TO DAWN (Psalm 42)

1. _____ YOUR FEELINGS HONESTLY

- *As the deer pants for streams of water, so my soul pants for you, **O God. My soul thirsts for God, for the living God.** When can I go and meet with God? (Ps 42:1–2).*
- ***My tears have been my food day and night,** while men say to me all day long, “Where is your God?” (Ps 42:3).*

2. _____ GOD’S FAITHFULNESS

- ***These things I remember** as I pour out my soul: how **I used to go** with the multitude, leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng. (Ps 42:4).*

3. _____ YOUR THOUGHTS TOWARD GOD

- *Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for **I will yet praise him,** my Savior and my God. (Ps 42:5–6).*

4. _____ IN PRACTICAL SPIRITUAL DISCIPLINES

- Let us **not give up meeting together**, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching. (Heb 10:25).
- The crowd joined in the attack against Paul and Silas, and the magistrates ordered them to be stripped and beaten. 23 After they had been **severely flogged**, they were **thrown into prison**, and the jailer was commanded to guard them carefully. 24 Upon receiving such orders, he put them in **the inner cell and fastened their feet in the stocks**. About midnight Paul and Silas were **praying and singing hymns to God**, and the other prisoners were listening to them. (Ac 16:22–25).

THE APOSTLE PAUL IN THE DARK

We do not want you to be uninformed, brothers, about the hardships we suffered in the province of Asia. We were **under great pressure**, far **beyond our ability to endure**, so that **we despaired even of life**. 9 Indeed, in our hearts we felt the sentence of death.

But this happened that we might not rely on ourselves but on God, who raises the dead.

He has delivered us from such a deadly peril, and **he will deliver us**. On him we have set our hope that he will continue to deliver us, 11 as you help us by your prayers. (2 Co 1:8–11).

- YOUR _____ DOES NOT DISQUALIFY YOUR FAITH.
- YOUR _____ HAS REDEMPTIVE PURPOSE.
- YOUR _____ IS PAST, PRESENT AND FUTURE.

A FINAL WORD OF GRACE TO YOU!

GOD'S GRACE IS **PREVENIENT** - THAT IS, _____ GOES BEFORE US!