

# HOW TO BEAT THE BLUES

*Series: How to Beat the Blues*

Psalm 42:1-11

## **SHEDDING LIGHT ON DEPRESSION**

*Why are our souls heavy?*

### ❶ **HEAVY WITH HURTS FROM THE PAST.**

(Psalm 42:4, Lamentations 3:19-20)

### ❷ **HEAVY WITH TROUBLE IN THE PRESENT.**

(Psalm 42:10, Job 4:5)

### ❸ **HEAVY WITH ANXIETY ABOUT THE FUTURE.**

(Psalm 42:2, Mark 14:33-34)

## **THE PLACE TO START**

*Tell your soul to...*

### ❶ **REMEMBER GOD'S FAITHFULNESS IN THE PAST.**

(Psalm 42:6, Lamentations 3:19-23)

### ❷ **CRY OUT TO GOD IN THE PRESENT.**

(Psalm 42:9, Psalm 142:2, 5-6)

### ❸ **TRUST IN GOD'S POWER FOR YOUR FUTURE.**

(Psalm 42:5, 11, 2 Chronicles 32:7-8)

# REALife Application

Looking back at your notes from this week's teaching on, was there anything that particularly caught your attention, challenged or confused you?

What types of things tend to get you down the most?

**With your Bible or YouVersion, read Lamentations 3:19-20, Job 4:5, and Mark 14:33-35.** These verses explain why our souls are often heavy.

Why do you think so many people struggle with heavy souls?

What hurts from your past are causing your soul to be heavy?  
What's keeping you from overcoming these hurts?

What troubles are you currently dealing with that are contributing to your heavy soul?

What things are you anxious about for the future?

How has the busyness of your life contributed to your heavy soul?

**Read Psalms 42:5, Lamentations 3:19-23, Psalms 142:2-5, and 2 Chronicles 32:7-8.** These passages show us what to say to our souls when they are heavy.

To overcome the hurts from your past, you need to remember God's faithfulness. What are some ways you've experienced God's faithfulness in your past?

Describe a time when you cried out to God during a difficult time. How did God respond and what did you learn about Him from your experience?

What's keeping you from placing your full trust in God for the future? What steps will you take to fully trust in God?

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❷ **HEAVY WITH \_\_\_\_\_ IN THE \_\_\_\_\_.**

(Psalm 42:10, Job 4:5)

❸ **HEAVY WITH \_\_\_\_\_ ABOUT THE \_\_\_\_\_.**

(Psalm 42:2, Mark 14:33-34)

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❷ **CRY OUT TO \_\_\_\_\_ IN THE \_\_\_\_\_.**

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