

WHAT'S THE WORD?

Truth In An Uncertain World

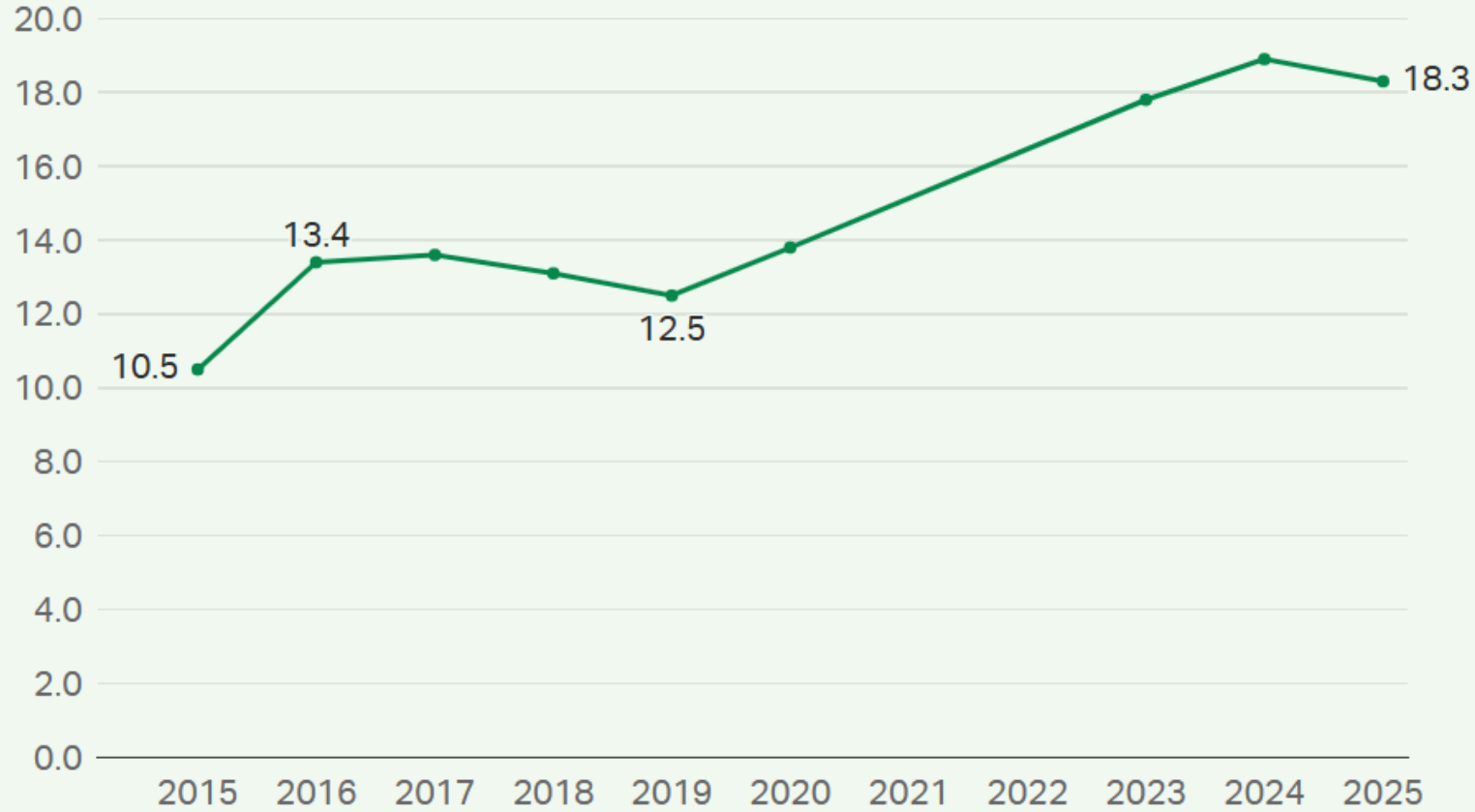
What are “The Blues”?

A feeling of sadness or depression

U.S. Adult Depression Rate Now Exceeds 18%

Do you currently have or are you currently being treated for depression?

% Yes



Source: Gallup Panel. 2025 results based on n=11,288 randomly selected U.S. adults. Data not available in 2021 and 2022.

[Get the data](#) • [Download image](#)

GALLUP

<https://news.gallup.com/poll/694199/u.s.-depression-rate-remains-historically-high.aspx>

WHAT'S THE
WORD?

Gen Z are more depressed and isolated than their coworkers—and feel less successful than other generations did at their age, according to new report



By Eleanor Pringle

Senior Reporter, Economics And Markets

January 21, 2025, 11:00 AM ET

FORTUNE

<https://fortune.com/2025/01/21/gen-z-depressed-isolated-compared-boomers-millennials-metlife-report/>

Feb 17, 2024 - Science

<https://www.axios.com/2024/02/17/gen-z-depression-anxiety-future-workforce>

The loneliest generation: Inside the Gen Z mental health crisis

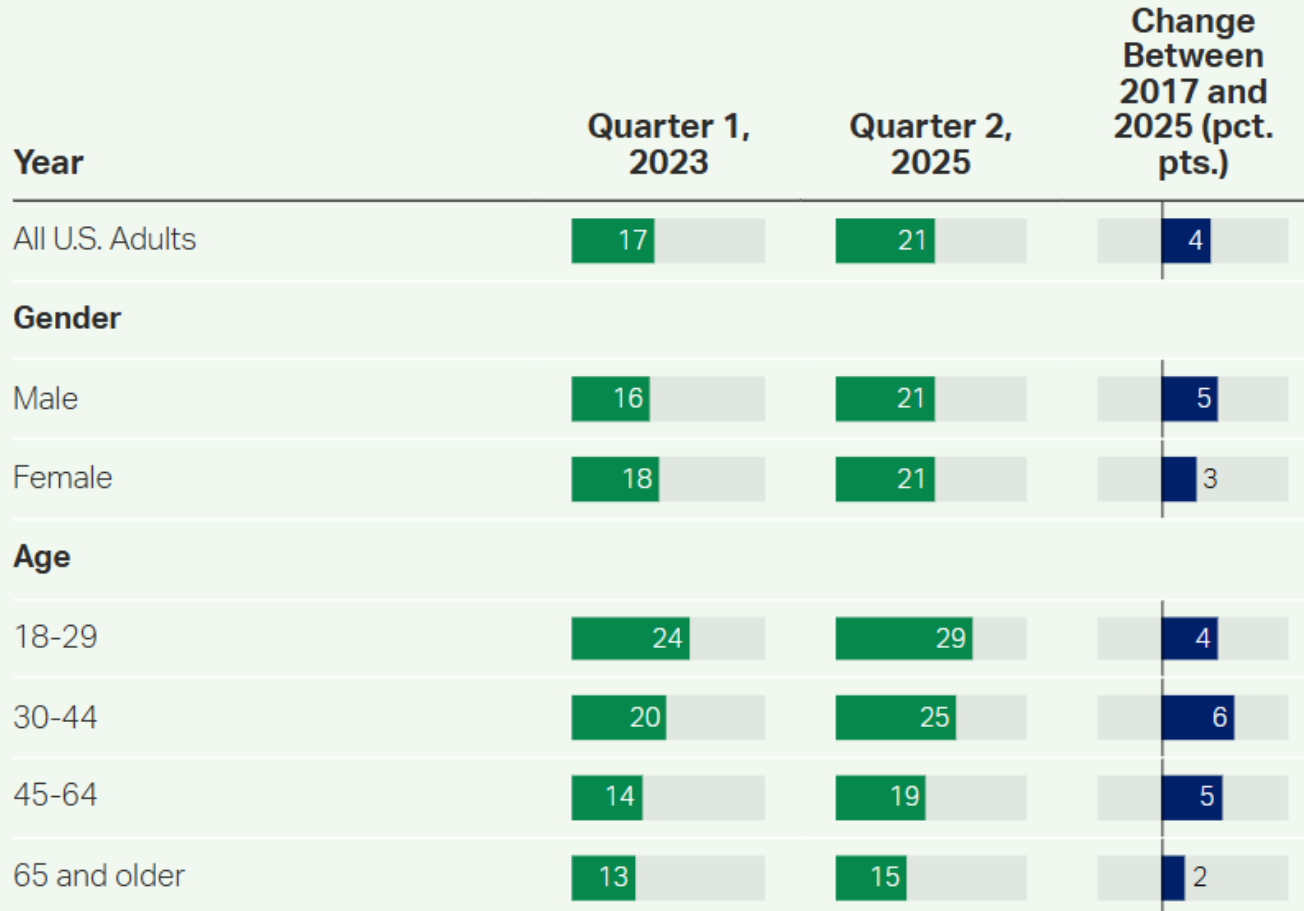


Erica Pandey

AXIOS

Daily Experiences of Loneliness Climbing for All Age Groups Except 65 and Older

Were you lonely a lot of the day yesterday? % Yes



Source, Gallup Panel. Q1-23 n=5,167; Q2-25 n=5,402

[Get the data](#) • [Download image](#)

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What triggers “The Blues”?

1. Interpersonal Loss and Rejection
2. Major Life Transitions
3. Occupational and Financial Stress
4. Health Issues
5. Trauma

“It is not under the sharpest, but the **longest trials**, that we are most in danger of fainting.... When Job was accosted with evil tidings, in quick succession, he bore it with becoming fortitude; but when he could see no end to his troubles, he sunk under them.”

- Andrew Fuller

Psalm 13

How long, O Lord? Will You forget me forever? How long will You hide Your face from me? Psalm 13:1

- עַד-אַנָּה יְהוָה [ad anah Yahweh] is “How long, O Lord?”
- Even King David feels like God has forgotten him while knowing that He has not
- We have now missed 4 Sundays of gathering in our worship center at church. It has not been forever, but it might feel like it.
- “How long will you hide your face from me?” means more than merely being forgotten by God. To say that the face of God is shining upon us is a way of saying that God is being favorable to us or blessing us. So, if God is hiding His face, what this must mean is that the times of blessing or favor seem to have ceased.

Source: Psalms: An Expository Commentary

How long shall I take counsel in my soul, having sorrow in my heart all the day? **How long** will my enemy be exalted over me? Psalm 13:2

- “In my soul” = wrestling inwardly (Source: Bible Knowledge Commentary)
- What David is really asking is “where is this headed?”
 - Every person in every country of the world is asking that exact same question right now.
- Our enemies right now (economic and moral crises) have been exalted over us... in every media outlet and in many of our daily conversations.
- In Psalms 9–12, David is surrounded by foes, but here a single foe, a single enemy, is in mind (13:2, 3). (Source: New Bible Commentary)
- David facing his enemy is a template that applies to all people at all times.

4 times in 2 verses (Psalm 13:1-2)

David says “How long?” *ad anah* עַד-אַנָּה

- These statements from David echo the 4 times in the Torah when God says to His people “**How long** (*ad anah* עַד-אַנָּה) will I have to put up with your rejection of Me?”
- Then the Lord said to Moses, “**How long** do you refuse to keep My commandments and My instructions?” Exodus 16:28
- The Lord said to Moses, “**How long** will this people spurn Me? And **how long** will they not believe in Me, despite all the signs which I have performed in their midst?” Numbers 14:11 (twice in one verse)
- The Lord spoke to Moses and Aaron, saying, “**How long shall I bear with this evil congregation who are grumbling against Me?** I have heard the complaints of the sons of Israel, which they are making against Me.” Numbers 14:26-27
- God called out to the people 4 times; David called out to God 4 times.

Consider and answer me, O Lord my God; enlighten my eyes, or I will sleep the sleep of death, Psalm 13:3

- God, please don't ignore my pain.
- God, please answer me when I hurt.
- “enlighten my eyes” or “give light to my eyes”
 - David is saying “help me see You in this crisis.”
 - David's way of requesting divine wisdom or perspective on his need. (Source: Bible Knowledge Commentary)
- God, if You don't help me, I will not make it out of this struggle alive.

and my enemy will say, “I have overcome him,” and my adversaries will rejoice when I am shaken. Psalm 13:4

- Our enemy called “the blues” seems like it is overcoming us
- Our whole world has been shaken by so many crises
- There are adversaries of God who rejoice when believers struggle
- There are adversaries of America who rejoice when our country is hurting economically
- You may have adversaries who rejoice when your family suffers
- We all have a spiritual adversary, known as Satan, who continually seeks to steal, kill and destroy

David prayed...

But I have trusted in Your **lovingkindness**; my heart shall rejoice in Your **salvation**. I will sing to the Lord, because He has dealt bountifully with me. Psalm 13:5-6

* These 2 verses are said everyday in Jewish prayers before the Shema in a section called “verses of praise.”

In the midst of the our pain and struggles, can we join David in saying Psalm 13:5?

But I have trusted in Your **lovingkindness** [חֶסֶד *chesed*]; my heart shall rejoice in Your **salvation** [יְשׁוּעָה *yeshua*]. Psalm 13:5

Are we ready to proclaim?

I will sing to the Lord, because He has dealt bountifully
[גַּמַּל gamal] with me. Psalm 13:6

*It is as if David declares... “I am singing to God for what I have NOW, not for what is to come.”

*The psalmist, assured that his prayer had been heard, resolved to rejoice and sing to the Lord for giving him salvation and for dealing bountifully with him. He fully anticipated the end of his long wait.

Source: Bible Knowledge Commentary

But I have trusted [past tense] in Your **lovingkindness**; my heart shall rejoice [future tense] in Your **salvation**. I will sing [future tense] to the Lord, because He has dealt bountifully [past tense] with me. Psalm 13:5-6

*David trusted God and praised God even before the deliverance happened (Source: Rabbi Chaim Eisen)

Psalm 13:1-2: The dimensions of distress are **spiritual** (Has the Lord forgotten?), **personal** (inward wrestling and sorrow) and **circumstantial** (dominant enemy).

Psalm 13:3-4: Identical dimensions of prayer: **spiritual** (Look, restored divine favor, no longer the hidden face), **personal** (light, renewal), **circumstantial** (enemy ... foes). True prayer takes every side of need to the Lord.

Psalm 13:5-6: Identical dimensions of transformation: **spiritual**, the hidden face is replaced by unfailing love; **personal**, heart-sorrow has become heart-joy; **circumstantial**, the rampant foe is replaced by divine sufficiency: good to me 'has made full provision for me', better understood as 'perfect of certainty', '... has determined to make ...'. Prayer thus brings a full-orbed solution to the problem fully shared with the Lord.

Psalm 42

For the choir director. A Maskil of the sons of Korah.

As the deer pants for the water brooks, so my soul pants for You, O God. Psalm 42:1

* The sons of Korah began this psalm with a powerful image – a deer aching with thirst. Perhaps the thirst came from drought or from heated pursuit; either way, the deer *longed for* and *needed* water. In the same way, the psalmist's **soul** *longed for* and *needed* God.

My soul thirsts for God, for the living God; when shall I come and appear before God? My tears have been my food day and night, while they say to me all day long, “Where is your God?” Psalm 42:2-3

* “It is not that he does not believe that God is everywhere, or that God is not with him. He is praying to God in the psalms, after all. But his being away from home has gotten him down, and his depressed state has caused him to feel that God is absent.” – James Montgomery Boice

These things I remember and I pour out my soul within me. For I used to go along with the throng [crowd] and lead them in procession to the house of God, with the voice of joy and thanksgiving, a multitude keeping festival. Psalm 42:4

* The remembering of happier times made the psalmist sadder. He thought of the times of joyful worship at the **house of God** and felt so distant from those better days. He especially remembered the high times of the holidays that marked the Jewish calendar. He thought of the **multitude** and excitement (**voice of joy and praise**) that marked the feasts of Passover, Pentecost, and Tabernacles. - <https://enduringword.com/bible-commentary/psalm-42/>

Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall again praise Him for the help of His presence. Psalm 42:5

* The psalmist paused from the painful memory to challenge his own soul. He did not surrender to his feelings of spiritual depression and discouragement. Instead, he *challenged* them and brought them before God. He said to those **cast down** and **disquieted** feelings, “**Hope in God**. He will come through again, because He has before.”

* This is a long way from the surrender that often traps the discouraged or spiritually depressed person. He didn't say, “My soul is cast down and that's how it is. There is nothing I can do about it.” The challenge made to his own soul – demanding that it explain a *reason* why it should be so cast down – is a wonderful example. There were some valid reasons for discouragement; there were many more reasons for hope.

- <https://enduringword.com/bible-commentary/psalm-42/>

**WHAT'S THE
WORD?**

O my God, my soul is in despair within me;
therefore I remember You from the land of the
Jordan [River] and the peaks of [Mount] Hermon,
from Mount Mizar. Psalm 42:6

* “We know the chief thing that was bothering him. He was far from Jerusalem and its temple worship on Mount Zion, and therefore felt himself to be cut off from God.”

– James Montgomery Boice

Deep calls to deep at the sound of Your waterfalls;
all Your breakers and Your waves have rolled over
me. Psalm 42:7

- Perhaps the psalmist saw or thought of a waterfall in this high country. He saw how the water plunged down into a deep pool at the base of the waterfall and thought, “I feel that deeply buried under my misery.” It was as if **all Your waves and billows have gone over me** and he was buried under.

- <https://enduringword.com/bible-commentary/psalm-42/>

The Lord will command His lovingkindness in the daytime; and His song will be with me in the night, a prayer to the God of my life.

Psalm 42:8

- **The LORD will command His lovingkindness in the daytime:** The covenant name of God – the **LORD**, Yahweh – is somewhat rarely used in Book Two of Psalms. Here it is used with special strength, with great confidence that God will **command His lovingkindness** to be extended to the despairing one.
- “His expression is remarkable; he does not say simply that the Lord will bestow, but, *‘command his lovingkindness.’*”
- **His lovingkindness in the daytime, and in the night His song shall be with me:** The psalmist came to a place of greater confidence, secure in God’s goodness to him in the **daytime** or at **night**. In the more frightening **night**, he would have the gracious comfort of **His song** to be **with** him.
- **A prayer to the God of my life:** This is another statement of confidence. The song from God will be a prayer, but not unto the God of his death, but to the **God of my life**.

WHAT'S THE
WORD?

I will say to God my rock, “Why have You forgotten me? Why do I go mourning because of the oppression of the enemy?” As a shattering of my bones, my adversaries revile me, while they say to me all day long, “Where is your God?” Why are you in despair, O my soul? And why have you become disturbed within me? **Hope in God, for I shall yet praise Him, the help of my countenance and my God.** Psalm 42:9-11

- There is a pleasant contradiction in this line. The psalmist had the confidence to call God his **Rock** – his place of security, stability, and strength. At the same time he could honestly bring his feelings to God and ask, “**Why have You forgotten me?**”
- The more experienced saint knows there is no contradiction. It was *because* he regarded God as his **Rock** that he could pour out his soul before Him so honestly.
- **Why do I go mourning because of the oppression of the enemy:** The psalmist senses God sustaining him, but his battle is not over. There is the constant **oppression of the enemy**. The taunt, “**Where is your God?**” continued from them.

Psalm 43

Vindicate me, O God, and plead my case against an ungodly nation; O deliver me from the deceitful and unjust man! For You are the God of my strength; why have You rejected me? Why do I go mourning because of the oppression of the enemy? Psalm 43:1-2

O send out Your light and Your truth, let them lead me; let them bring me to Your holy hill and to Your dwelling places. Then I will go to the altar of God, to God my exceeding joy; and upon the lyre I shall praise You, O God, my God. Why are you in despair, O my soul? And why are you disturbed within me? **Hope in God**, for I shall again praise Him, the help of my countenance and my God. Psalm 43:3-5

* “Is there a cure for depression? Yes. But it is not in us. It is in God. The cure is to seek God’s face, so ours will not be downcast, which is what the psalmist does.” — James Montgomery Boice

Psalm 88

- This psalm is a remarkably sad song and is often regarded as the saddest psalm in the entire collection.
- As for author and singer of the psalm, **Heman the Ezrahite**, there are many mentions of a Heman in the days of David and Solomon. Assuming they refer to the same man, he was noted for:
 - His great wisdom (1 Kings 4:31).
 - His being a Kohathite, among the sons of Korah (1 Chronicles 6:33).
 - His musical ability and service (1 Chronicles 6:33, 15:17-19, 16:41-42, 25:1; 2 Chronicles 5:12, 35:15).
 - His many and exceptional sons and daughters (1 Chronicles 25:5-6).
 - His service to the king (1 Chronicles 25:6).
- The identity of the singer of this dark song helps us to understand it. It came from a wise, talented, accomplished, and blessed man.
- “This supposedly Godforsaken author seems to have been one of the pioneers of the singing guilds set up by David, to which we owe the Korahite psalms (43-49; 84f.; 87f.), one of the richest veins in the Psalter. Burdened and despondent as he was, his existence was far from pointless. If it was a living death, in God’s hands it was to bear much fruit.” – Derek Kidner

We are not really alone

- Jesus, our Savior, can relate to betrayal
- Jesus, our Savior, can relate to loneliness
- Jesus, our Savior, can relate to hurt

- It is possible that Jesus was pondering Psalm 88 on His way to the cross

A Song. A Psalm of the sons of Korah. For the choir director; according to Mahalath Leannoth. A Maskil of Heman the Ezrahite.

O Lord, the God of my salvation [יְהוָה אֱלֹהֵי יְשׁוּעָתִי], I have cried out by day and in the night before You. Let my prayer come before You; Incline Your ear to my cry! For my soul has had enough troubles, and my life has drawn near to Sheol. I am reckoned among those who go down to the pit; I have become like a man without strength, forsaken among the dead, like the slain who lie in the grave, Whom You remember no more, and they are cut off from Your hand. You have put me in the lowest pit, in dark places, in the depths. Your wrath has rested upon me, and You have afflicted me with all Your waves. Selah.

Psalm 88:1-7

You have removed my acquaintances far from me; You have made me an object of loathing to them; I am shut up and cannot go out. My eye has wasted away because of affliction; I have called upon You every day, O Lord; I have spread out my hands to You. Will You perform wonders for the dead? Will the departed spirits rise and praise You? Selah. Will Your lovingkindness be declared in the grave, Your faithfulness in Abaddon? Will Your wonders be made known in the darkness? And Your righteousness in the land of forgetfulness? Psalm 88:8-12

But I, O Lord, have cried out to You for help, and in the morning my prayer comes before You. O Lord, why do You reject my soul? Why do You hide Your face from me? I was afflicted and about to die from my youth on; I suffer Your terrors; I am overcome. Your burning anger has passed over me; Your terrors have destroyed me. They have surrounded me like water all day long; they have encompassed me altogether. You have removed lover and friend far from me; My acquaintances are in darkness. Psalm 88:13-18

“From beginning to end there is no trace of bitterness, no desire for revenge on enemies, no angry reflections on the goodness of God. Rather, the references to God reveal a remarkable sense of His grace and goodness.” – G. Campbell Morgan

Psalm 88 does not have a "happy ending" within its text, which is crucial—it reminds us that sometimes, life in a fallen world remains dark, and that is okay.

Our Savior can relate to our pain

For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need. Hebrews 4:15-16

Other believers can relate to our pain

The Apostle Paul wrote,

“we are afflicted in every way, but not crushed; perplexed, but not despairing; persecuted, but not forsaken; struck down, but not destroyed; always carrying about in the body the dying of Jesus, so that the life of Jesus also may be manifested in our body.” 2 Corinthians 4:8-10

There is power in Healing



*We all experience brokenness from our hurts, habits, and hang-ups,
but we can find freedom in Christ.*

OPEN MEETINGS

MONDAYS AT 7:00 PM
The Theater in Building B



WHAT'S THE
WORD?

There is power in Community

Find a Small Group

We were made for community. Life is better when we can share both our joys and griefs with someone. Small groups are where we are able to forge friendships and connect with others as we do life and follow Christ.



There is power in Serving Others

Find a Place to Serve

If learning the Bible nourishes our spiritual lives - and it does - then serving others is how we "exercise." And just like with our physical bodies, where feeding ourselves well and being active leads to good health, our Christian life is vibrant and meaningful when we balance "feeding" and "exercise".



There is power in Prayer



Email our Prayer Team

Receive prayer at the end of the service

There is power in Believing

Jesus, the Risen Savior, who experienced loneliness and sorrow, said...

“Therefore you too have grief now; **but I will see you again**, and your heart will rejoice, and no one will take your joy away from you.” John 16:22