

- David experienced the death of his best friend.
- David became the second king of Israel.
- David committed adultery and murder.
- David experienced the loss of a young child.
- David had another son try to kill him and take his kingdom.
- David was blessed to have another son, Solomon, follow him as king.

**DEPRESSION CAN** \_\_\_\_\_  
\_\_\_\_\_.

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

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

**DQ1: Do you** \_\_\_\_\_?

**DEPRESSION CAN** \_\_\_\_\_.

*Psalm 42:5a*  
“Why are you in despair, O my soul? And why have you become disturbed within me?”

*Psalm 13:2*  
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?

**DQ2: Do you** \_\_\_\_\_?

**DEPRESSION CAN** \_\_\_\_\_  
\_\_\_\_\_.

*Psalm 42:9*  
I will say to God my rock, “Why have You forgotten me? Why do I go mourning because of the oppression of the enemy?”

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

**DQ3: Do you believe** \_\_\_\_\_?

**WHAT DOES GOD WANT ME TO DO?**

**BE** \_\_\_\_\_

*Psalm 42:11a*  
Why are you in despair, O my soul? And why have you become disturbed within me?

*James 5:16*  
“Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much.”

- **With** \_\_\_\_\_
- **With** \_\_\_\_\_
- **With** \_\_\_\_\_

**BE** \_\_\_\_\_

*Psalm 42:11b*  
“Hope in God, . . .”

**BE** \_\_\_\_\_

*Psalm 42:11*  
“. . . for I shall yet praise Him, the help of my countenance and my God.”

## HOME APPLICATION

### Memorize *Psalm 42:11*

*"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."*

Answer the **three DQ's**.

**Memorize** the three things God wants you to do.

**Don't dismiss depression in your life or in the lives of others.**  
Seek help from God and others.

## NEXT STEPS

**Fill out the communication card.** If you are first time guest go to the guest services table and receive a free guest package.

**Decide** to follow Christ today! (Evangelism)

**Make and daily pray for your "MY8 list"** and ask God to help you become His influencer in your sphere of influence. (Evangelism)

**Come to our services and INVITE** your "MY8 List" of family and friends to church. (Worship & Evangelism & Fellowship)

**Join others and get BAPTIZED** after accepting Christ as Savior and Lord. Mark on the communication card your interest. (Fellowship)

**Sign up and attend our CLASSES** (Christian Life And Service Seminars 101-401) on Thursday nights. Learn the "Cultivate" vision, verse, and how to use "The Relationship Clock" by going on the vision page of our website. (Discipleship)

**Join the OWC community** by attending Life Groups, Marriage In Motion, Celebrate Recovery, Momentum (Students), or Echo (Children). (Fellowship & Discipleship)

**Become part of the team and SERVE** at OWC by marking your interest today! (Ministry)

**Commit to be "On Mission"** this year by participating in a one-day or one-week mission trip in our community, in the United States, or overseas.

**Give regularly** by starting with the tithe (10%) to the Lord through Openwater Church (Worship/Stewardship)



### "Depression & David"

**Text: Psalm 42 & Psalm 13:1-3 & James 5:16**

All Scripture in NASB (New American Standard Bible)  
unless otherwise notated.

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January 13, 2019

### DEPRESSION IS \_\_\_\_\_.

- The Center for Disease Control defines depression as a mood disorder characterized by persistently low mood and a feeling of sadness and loss of interest.

### According to the National Center for Health Statistics:

- Approximately seven percent of all adults in America have suffered from depression for a two-week period in a given year.
- Approximately sixteen percent of the adults in America will suffer depression once in their lifetime.
- The prevalence of depression among women is doubled compared to men.

### DEPRESSION CAN HAPPEN \_\_\_\_\_.

- David defeated Goliath.
- David had King Saul constantly try to kill him.
- David was anointed King by Samuel.
- David was given wealth and power as King.
- David received a covenant from God.