

**Taboo**  
**Week 3: Depression**  
**Psalm 42**

Which injury is worse, an injury to the body or an injury to the mind?

**Perspective One**

Psalm 42: 3 - "Where is your God?"

Psalm 42:9 - "Why must I go about mourning . . . my bones suffer mortal agony."

Psalm 42:5 - "Why are you downcast O my soul?"

**Take away 1:** Depression is not a sin but how we deal with it may be.

**Perspective Two**

Psalm 42:11 - "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."

Isaiah 61:1 - "To bind up the broken hearted"

Luke 23:43 - "Today you will be with me paradise."

**Take away 2:** God may not miraculously free you from depression in this life, but he promises you will be free in heaven."

**Perspective 3**

Psalm 42:4 - 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.

**Take away 3:** When we serve someone struggling with depression, we want to gather a "Multitude".

**Points to Ponder**

1. What are some reason it's difficult to talk about behavioral health? What feelings did this "son of Korah" experience while away from Jerusalem? How might this Psalm resonate with a person who struggles with depression?
2. God doesn't generally deliver people from depression by a miraculous miracle. Still, there are miracles that the depressed person receives. List some of them.
3. What sorts of things did this son of Korah miss? (See v4) How would those activities help him with his depression? Who do you know that you could use the "Multitude" approach with?

**Homework:** Psalm 88