

Dealing with Discouragement

Psalm 42

“Repeated disappointment almost always triggers a series of other reactions: discouragement, anger, frustration, bitterness, resentment, even depression. Unless we learn to deal with disappointment, it will rob us of joy and poison our souls.”—Billy Graham

1. Desire to have your soul’s thirst satisfied with God. (v. 1–2)

John 4:10 “Jesus answered her, “If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink,’ you would have asked him, and he would have given you living water.”

Revelation 7:17 “For the Lamb in the midst of the throne will be their shepherd, and he will guide them to springs of living water, and God will wipe away every tear from their eyes.”

2. Recognize that you are not alone in your struggle with discouragement. (vv. 3; 9-10)

3. Determine to continually battle against discouragement. (vv. 4-8; 11)

- a. Remember what God has done in the past (v. 4).

“Jesus Christ is the same yesterday and today and forever.” (Hebrews 13:8)

- b. Don’t just listen to yourself, preach to yourself (v. 5).

Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself? Take those thoughts that come to you the moment you wake up in the morning. You have not originated them but they are talking to you, they bring back the problems of yesterday, etc. Somebody is talking. Who is talking to you? Your self is talking to you. Now this man’s treatment [in Psalm 42] was this: instead of allowing this self to talk to him, he starts talking to himself. “Why art thou cast down, O my soul?” he asks. His soul had been depressing him, crushing him. So he stands up and says, “Self, listen for moment, I will speak to you.” (Lloyd-Jones, *Spiritual Depression*, 20-21)

- c. Remember God’s Sovereign Love (v. 7–8, 10).

“The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.” (Lamentations 3:22–23)

- d. Pray and sing (v. 8).
- e. Don’t give up (v. 11).