

## Living the Good Life

### Part 5 – How to have a *Joyful* Life

**Text:** Psalm 42

**Main Idea:** When we find ourselves overwhelmed & downcast, our joy can be restored when we seek God as our hope & help.

#### 1. The \_\_\_\_\_: Beware of the reality of depression.

- \_\_\_\_\_ of spiritual depression:
  - \_\_\_\_\_: Emotions, hormones, even pain.
  - \_\_\_\_\_: Overly introverted & self-absorbed.
  - \_\_\_\_\_: Being overwhelmed with the duties of life.
  - \_\_\_\_\_: Physically worn out.
  - \_\_\_\_\_: Following a Spiritual high.
  - \_\_\_\_\_: Circumstances didn't work out.
  - \_\_\_\_\_: Of any kind (i.e. death of a loved one).
- \_\_\_\_\_ of spiritual depression:
  - "Cast down & in turmoil." (v. 5, 6, 11)
  - "My \_\_\_\_\_ have been my food day & night. (3)
  - "Your waves have rolled over me." (v. 7)
  - \_\_\_\_\_. (v. 9)
  - "A deadly wound in my bones." (v. 10)

#### 2. The \_\_\_\_\_: Put your hope in God!

- Step 1: \_\_\_\_\_ fervently about your situation by seeking answers to "Why?" (v. 9)
- Step 2: Affirm that the Lord is both \_\_\_\_\_ & \_\_\_\_\_! (v. 5, 8, 11)
- Step 3: \_\_\_\_\_ the praises of the Lord with the people of the Lord! (v. 4, 8)
- Step 4: Bring your feelings & attitude under submission by \_\_\_\_\_ to your own soul to **hope in God!** (v. 5)
- Step 5: Remember past \_\_\_\_\_ experiences! (v. 4, 6)
- Step 6: \_\_\_\_\_ for God, not just relief. (1-2)

**Resource:** Lloyd-Jones, D. Martin. *Spiritual Depression (Its Causes & Its Cure)*

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