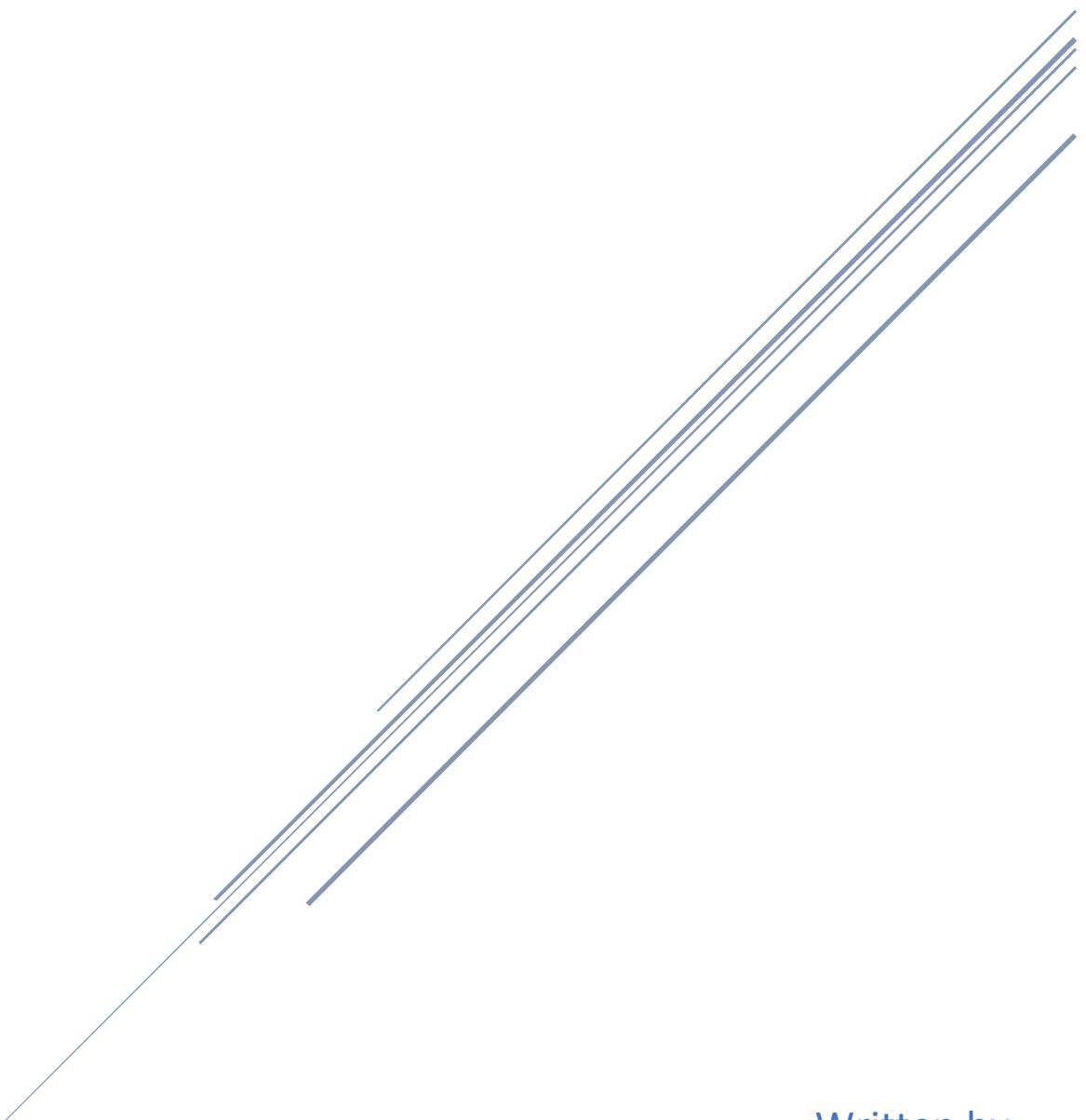


# **HOW TO PROTECT YOUR MIND IN TROUBLING TIMES**



Written by  
C. Shawn Tyson



## How to protect your mind in troubling times

### Lesson 1

*Sfg. Bishop C. Shawn Tyson*

#### I. The wrong way to handle negative news

*[1] And Ahab told Jezebel all that Elijah had done, and withal how he had slain all the prophets with the sword. 2] Then Jezebel sent a messenger unto Elijah, saying, So let the gods do to me, and more also, if I make not thy life as the life of one of them by to morrow about this time. 1 Kings 19:1-2 KJV*

- **PowerPoint:** Beware of messy messages and messy messengers. There are some messages and messengers, people on a mission don't have the time or the space in their mind to receive.

#### II. The right way to handle negative information

*[1] Now it came to pass, when Sanballat, and Tobiah, and Geshem the Arabian, and the rest of our enemies, heard that I had builded the wall, and that there was no breach left therein; (though at that time I had not set up the doors upon the gates;) [2] That Sanballat and Geshem sent unto me, saying, Come, let us meet together in some one of the villages in the plain of Ono. But they thought to do me mischief. 3] And I sent messengers unto them, saying, I am doing a great work, so that I cannot come down: why should the work cease, whilst I leave it, and come down to you? 4] Yet they sent unto me four times after this sort; and I answered them after the same manner. Nehemiah 6:1-4 KJV*

- ❖ Like Nehemiah, every believer must acquire the wisdom to know how to protect your mind and preserve your focus.

*And when he saw that , (perception) he arose, and went for his life, and came to Beer-sheba, which belongeth to Judah, and left his servant there. 1 Kings 19:3 KJV*

- ❖ There are two things, which literally determine success or failure in every aspect of our lives, they are perception and perspective.
  - A. Perception is what you interpret. It is your understanding of a given situation, person, or object. It is the meaning you assign to any given stimulus.
  - B. Perspective is your point of view. It's the lens you see the world through and determines how you view yourself, others, and everything else around you.

*4] But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, (Perspective) It is enough; now, O Lord , take away my life; for I am not better than my fathers. 1 Kings 19:4 KJV*

## Five characteristics of Elijah:

1. He was a man with a **CALLING**
2. He was a man of **COURAGE**
3. He was a man of **CHARACTER**
4. He was a man of **CONTENT**
5. He was a man with **CONFLICT**

- **PowerPoint:** Do not feel that you are not anointed, saved, called or lacking courage because you are at times internally “conflicted”. That’s called being human.

*[21] I find then a law, that, when I would do good, evil is present with me. 22] For I delight in the law of God after the inward man: 23] But I see another law in my members, warring against THE LAW OF MY “MIND” Romans 7:21-23 KJV*

- **PowerPoint:** Nous= the mind, comprising alike the faculties of perceiving and understanding and those of feeling, judging, determining.
  1. The intellectual faculty, the understanding

2. The capacity for spiritual truth
  - The higher powers of the soul
  - The faculty of perceiving divine things, recognizing goodness and of hating evil
3. The power of considering and judging soberly, calmly and impartially
4. A particular mode of thinking and judging, i.e thoughts, feelings, purposes, desires

*But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, (Perspective) It is enough; now, O Lord , take away my life; for I am not better than my fathers. I Kings 19:4*

## **Four mistakes Elijah made in a time of stress, anxiety and fatigue.**

### **1. 1: Don't try to handle things by yourself**

- **PowerPoint:** Any person that cannot be your friend in your worst times is not qualified to be your friend in your best times.

*[17] A friend loveth at all times, and a brother is born for adversity.*  
**Proverbs 17:17 KJV**

2. **Don't let your mood dictate your movement (and came and sat down under a juniper tree) KEEP MOVING!!**
3. **Understand that your declarations affect your destiny (and requested for himself that he may die)**
4. **You must acknowledge that you are no better or no worse than any other person.**



## How to protect your mind in troubling times

### Lesson 2: MIND YOUR BUSINESS

*Sfg. Bishop C. Shawn Tyson*

[23] *And be renewed in the spirit of your mind; Ephesians 4:23 KJV*

Mental illness can still be a highly stigmatized topic in the church. While some increased attention and conversation has been brought to the challenge of mental illness in recent years, it is a subject and a reality that needs more intentional consideration, objective conversation and intensive care.

- **PowerPoint:** To acknowledge the reality of mental illness IS NOT a denial of the sovereignty and healing power of God.

The flip side of Faith is possessing confidence in the character of God, which says, if God chooses to allow me to live WITH AN AFFLICTION, HIS GRACE IS YET SUFFICIENT FOR ME, to fulfill his will and live a victorious life.

- [20] *For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's. 1 Corinthians 6:20 KJV*
  - 1. **Body** = Soma = sound whole
  - 2. **Spirit** = Pneuma = the efficient source of any power, affection, emotion, desire, the mind.
- [7] *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. 2 Timothy 1:7 KJV*
- [14] *Nevertheless death reigned from Adam to Moses, even over them that had not sinned after the similitude of Adam's transgression, who is the figure of him that was to come. Romans 5:14 KJV*
  - **PowerPoint:** Mental illness is a consequence of Adams original sin.

\*Total depravity simply means that sin has affected every facet of my trichotomy, spirit, soul and body.

\*Total depravity means that nothing in creation works as efficiently as God originally intended.

- ❖ Our *spiritual desires* are affected by sin.
  - ❖ Our *intellectual processing* is affected by sin.
  - ❖ Our *perspective and perceptions* have been affected by sin.
- [5] *Behold, I was shapen in iniquity; and in sin did my mother conceive me.* **Psalm 51:5 KJV**
  - [22] *For we know that the whole creation groaneth and travaileth in pain together until now. 23] And not only they, but ourselves also, which have the firstfruits of the Spirit, even we ourselves groan within ourselves, waiting for the adoption, to wit, the redemption of our body.* **Romans 8:22-23 KJV**

Our brain, which is a key, central, integral part of our body, may not always function correctly.

- Chemicals can become imbalanced.
- Serotonin may not be properly absorbed.
- Norepinephrine may be unevenly distributed.
- Synapses won't fire correctly.

So then to say that depression, anxiety, ADHD, bipolar, and every other disorder, are purely spiritual disorders is to ignore the fact that we are body soul & spirit.

## Ministering to those dealing with Mental ILLNESS IN THE CHURCH

1. We need to be reminded that, even in the midst of suffering, God has not forsaken or forgotten us.
  - [18] *The Lord is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.* **Psalm 34:18 KJV**
  -
2. They need to be surrounded by compassionate Christians who can speak life into their spirit until their strength is renewed.
  - [1] *We then that are strong ought to bear the infirmities of the weak, and not to please ourselves. 5] Now the God of patience and consolation grant you to be likeminded one toward another according to Christ Jesus:* **Romans 15:1,5 KJV**



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3. We need to be connected to someone who can help us deal with the physiological and neurological aspects of anxiety. When something isn't working correctly in my brain, which in turn causes me to experience the physical symptoms of anxiety.

➤ **PowerPoint:** Clinical research shows that people living with depression and/or anxiety have an overactive amygdala.

When interacting with Christians who experience anxiety, depression, PTSD, or any other form of mental illness, treat them as *whole people*.

Make sure we address both the soul and the body with love, patience and divine understanding.



## How to protect your mind in troubling times

### Lesson 3: How to deal with Depression & Anxiety

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[3] Thou wilt keep him in perfect peace, whose mind is stayed on thee : because he trusteth in thee. 12] Lord, thou wilt ordain peace for us: for thou also hast wrought all our works in us. **Isaiah 26:3,12 KJV**

Foundational principles from lessons 1 & 2:

1. The mind is the strategic and ultimate battle ground in spiritual warfare.
  - [5] Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; **2 Corinthians 10:5 KJV**
2. The status of our mental wellness was included in John's wish for the saints to prosper and be in health as declared in 3 John 1:2
  - [2] Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. **3 John 1:2 KJV**
3. Mental health involves our spiritual, emotional, psychological, physiological and social well-being.
4. Great spiritual exploits does NOT make one exempt from mental challenges, and may in fact make one more susceptible to them.
  - [3] And the Lord said unto Satan, Hast thou considered my servant Job, that there is none like him in the earth, a perfect and an upright man, one that feareth God, and escheweth evil? and still he holdeth fast his integrity, although thou movedst me against him, to destroy him without cause. **Job 2:3 KJV**
5. The acknowledgment of one's humanity is NOT a denial of Christ's deity. We are spiritual beings being navigated by the Holy Spirit through a human experience.

- *[4] Lord , make me to know mine end, and the measure of my days, what it is; that I may know how frail I am . Psalm 39:4-5 KJV*
- 6. Every strong person has weaknesses, and every weak person has strengths. Therefore our mental wellness is largely dependent upon developing the discipline to keep our mind stayed upon God.
  - *7] And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Philippians 4:7*
- 7. Therapy when needed should not be thought of as a contradiction to one's faith, but rather as a compliment, for the wisdom of God is as essential to the healing of the mind as the power of God is to the healing of the body.
  - *[9] An hypocrite with his mouth destroyeth his neighbour: but THROUGH KNOWLEDGE shall the just be delivered. Proverbs 11:9 KJV*

## II. Ten tips for immediate positive impact on depression and anxiety:

### 1. Don't ignore it, acknowledge it.

- **PowerPoint:** It's ok to acknowledge when you're not ok.
- **PowerPoint:** The impartation Gods strength begins with the honest acknowledgment our weakness.
- *[9] And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. 10] Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong. 2 Corinthians 12:9-10 KJV*
- *[37] And (he took with him) Peter and the two sons of Zebedee, and began to be sorrowful and very heavy. 38] Then saith he unto them, My soul is*



*exceeding sorrowful, even unto death: tarry ye here, and watch with me.*  
**Matthew 26:37-38 KJV**

- ❖ (3) principles from the lesson *How to Protect your Mind in troubling times:*

**1: You ARE NOT not in this battle for mental health & wellness by yourself.**

- *[13] There hath no temptation taken you but such as is common to man: 1 Corinthians 10:13 KJV*

**2: Don't try to handle (it) by yourself**

**3: Take your help with you**

- *Not for that we have dominion over your faith, but are HELPERS of your joy: for by faith ye stand. 2 Corinthians 1:24 KJV*

**2. Depression is a part of the process of becoming your stronger self.**

- *[4] Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; Psalm 23:4 KJV*

➤ **PowerPoint:** The light I walk (IN) is the result of the darkness I've walked through.

- *[8] Yea doubtless, and I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do count them but dung, that I may win Christ, Philippians 3:8-10 KJV*

➤ **PowerPoint:** Win = Kerdaino = to gain favor & fellowship

- *9] And be found in him, not having mine own righteousness, which is of the law, but that which is through the faith of Christ, the righteousness which is of God by faith: Philippians 3:8-10 KJV*

➤ **PowerPoint:** You're saved because of what Jesus DID!

- *[10] That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death; Philippians 3:8-10 KJV*
- *[18] But the path of the just is as the shining light, that shineth more and more unto the perfect day. Proverbs 4:18 KJV*

**3. Because what you're dealing with is hard doesn't mean it's not doable. It means it is valuable. YOU are worth the work.**

➤ **PowerPoint:** Don't feel guilty about taking care of yourself. It's not selfish. It's self-esteem. It's self-worth.

- *[39] And the second is like unto it, Thou shalt love thy neighbour as thyself. Matthew 22:39 KJV*

**4. What you're going through is not permanent. It's temporary. What's coming into your life will be better than what's leaving your life.**

- *[10] And the Lord turned the captivity of Job, when he prayed for his friends: also the Lord gave Job twice as much as he had before. 11] Then came there unto him all his brethren, and all his sisters, and all they that had been of his acquaintance before, and did eat bread with him in his house: and they bemoaned him, and comforted him over all the evil that the Lord had brought upon him: every man also gave him a piece of money, and every one an earring of gold. 12] So the Lord blessed the latter end of Job more than his beginning: Job 42:10-12 KJV*

**5. Depression enables you to recalibrate yourself at a higher level.**

❖ **Recalibrate** = to bring back to an original place, condition,

➤ **PowerPoint:** You may be at your worst while you're going through, but stay the course because you'll be at your best when you come out.

- [6] *Wherein ye greatly rejoice, though now for a season, if need be, ye are in heaviness through manifold temptations: 7] That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ: 1 Peter 1:6-7 KJV*

**6. Do not perceive depression and anxiety as who you are but something you are passing through. Do not personalize and internalize it. You are who God says you are.**

- ❖ I am God's child. - Galatians 3:26
- ❖ I am Jesus' friend. - John 15:15
- ❖ I am a whole new person with a whole new life. - 2 Corinthians 5:17
- ❖ I am a place where God's Spirit lives. - 1 Corinthians 6:19
- ❖ I am God's Incredible work of art. - Ephesians 2:10
- ❖ I am totally and completely forgiven. - 1 John 1:9
- ❖ I am created In God's likeness. - Ephesians 4:24
- ❖ I am spiritually alive. - Ephesians 2:5
- ❖ I am a citizen of Heaven. - Philippians 3:20
- ❖ I am God's witness to the world. - Acts 1:8
- ❖ I am God's disciple-maker. - Matthew 28:19
- ❖ I am the salt of the earth. - Matthew 5:13
- ❖ I am the light of the world. - Matthew 5:14
- ❖ I am greatly loved. - Romans 5:8

**7. Hold onto the fundamental sustaining power of FAITH. To increase knowledge without increasing faith creates an imbalance that causes inherent frustration.**

- [13] *And I gave my heart to seek and search out by wisdom concerning all things that are done under heaven: this sore travail hath God given to the sons of man to be exercised therewith. 16] I communed with mine own heart, saying, Lo, I am come to great estate, and have gotten more wisdom than all they that have been before me in Jerusalem: yea, my heart had great experience of wisdom and knowledge. 17] And I gave my heart to know wisdom, and to know madness and folly: I perceived that this also is vexation*



*of spirit. 18] For in much wisdom is much grief: and he that increaseth knowledge increaseth sorrow. Ecclesiastes 1:13,16-18 KJV*

## **8. Suicide is a permanent choice to a temporary situation. Decide to live.**

- *[13] Thou hast thrust sore at me that I might fall: but the Lord helped me. [17] I shall not die, but live, and declare the works of the Lord. Psalm 118:13,17 KJV*

## **9. Don't let fatigue rob you of your future.**

- *[29] He giveth power to the faint; and to them that have no might he increaseth strength. 30] Even the youths shall faint and be weary, and the young men shall utterly fall: [31] But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint. Isaiah 40:29-31 KJV*

## **10. Personal Power in One hour (4 things you can do every day starting TODAY to help you overcome depression and anxiety:**

- 1: Pray 15 minutes a day
- 2: Read 15 minutes a day
- 3: Meditate/Worship (with worship music) 15 minutes a day
- 4: Walk 15 minutes a day

## **REVIEW:**

1. Don't ignore it. In order to conquer it, I must confront it.
2. Depression is a natural part of the process of becoming your stronger self.
3. Because it is hard doesn't mean it's not doable, it means it is valuable. YOU are worth the work.
4. What you're going through is not permanent. It's temporary. What's coming into your life will be better than what's leaving your life



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5. Depression enables you to recalibrate yourself at a higher level.
  6. Do not perceive depression and anxiety as who you are but something you are passing through. Do not personalize and internalize it.
  7. Hold onto the fundamental sustaining power of FAITH. To increase knowledge without increasing faith creates an imbalance that causes inherent frustration
  8. Suicide is a permanent choice to a temporary situation. Decide to live.
  9. Don't let fatigue rob you of your future
10. Personal Power in One hour
- 1: Pray 15 minutes a day
  - 2: Read 15 minutes a day
  - 3: Meditate/Worship (with worship music) (15) minutes a day
  - 4: Walk 15 minutes a day



## How to protect your mind in troubling times

### Lesson 4: How to deal with Depression & Anxiety: Part Two

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[3] Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. 12] Lord, thou wilt ordain peace for us: for thou also hast wrought all our works in us.

Isaiah 26:3,12 KJV

#### Seven Mental health and wellness foundational principles from lessons 1-3:

1. The mind is the strategic and ultimate battle ground in spiritual warfare.  
**2 Corinthians 10:5 KJV**
2. The status of our mental wellness was included in John's wish for the saints to prosper and be in health as declared in **3 John 1:2**
3. Mental health involves our spiritual, emotional, psychological, physiological and social well-being.
4. Great spiritual exploits do NOT make one exempt from mental challenges, and may in fact make one more susceptible to them. **Job 2:3**
5. The acknowledgment of one's humanity is NOT a denial of Christ's deity. We are spiritual beings being navigated by the Holy Spirit through a human experience.  
**Psalm 39:4-5**
6. Every strong person has weaknesses, and every weak person has strengths. Therefore, our mental wellness is largely dependent upon developing the discipline to keep our mind stayed upon God. **Philippians 4:7**
7. Therapy when needed should not be thought of as a contradiction to one's faith, but rather as a compliment, for the wisdom of God is as essential to the healing of the mind as the power of God is to the healing of the body. **Proverbs 11:9**

## II. Ten biblical directives to overcome depression and anxiety:

### 1: Don't ignore it, acknowledge it.

- **PowerPoint:** We cannot conquer what we will not confront.
- **PowerPoint:** The impartation Gods strength begins with the honest acknowledgment our weakness.

### 2: Depression is a part of the process of becoming your stronger self.

- **PowerPoint:** The light I walk (IN) is the other side of the darkness I've walked through.
- *[18] But the path of the just is as the shining light, that shineth more and more unto the perfect day. Proverbs 4:18 KJV*

### 3: Because what you're dealing with is hard doesn't mean it's not doable. It means it is valuable. YOU are worth the work.

- **PowerPoint:** Don't feel guilty about taking care of yourself. It's not selfish. It's self-esteem. It's self-worth.

### 4: What's coming into your life will be better than what's leaving your life.

### 5: Depression enables you to recalibrate yourself at a higher level.

- ❖ **Recalibrate** = to bring back to an original place, condition,
- **PowerPoint:** You may be at your worst while you're going through, but stay the course because you'll be at your best when you come out.

### 6: Do not perceive depression and anxiety as (who you are) but part of a process you are passing through.

- **PowerPoint:** Your circumstance is not your identity. You are who God says you are!

## (10) characteristics of our identity in Christ

- ❖ I am God's child.
  - [26] *For ye are all the children of God by faith in Christ Jesus.* **Galatians 3:26 KJV**
- ❖ I am Jesus' friend.
  - [15] *Henceforth I call you not servants; for the servant knoweth not what his lord doeth: but I have called you friends; for all things that I have heard of my Father I have made known unto you.* **John 15:15 KJV**
- ❖ I am a whole new person with a whole new life.
  - [17] *Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.* **2 Corinthians 5:17 KJV**
- ❖ I am a place where God's Spirit lives.
  - [19] *What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?* **1 Corinthians 6:19 KJV**
- ❖ I am God's Incredible work of art.
  - [10] *For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.* **Ephesians 2:10 KJV**
- ❖ I am totally and completely forgiven.
  - [9] *If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.* **1 John 1:9 KJV**
- ❖ I am created In God's likeness
  - [24] *And that ye put on the new man, which after God is created in righteousness and true holiness.* **Ephesians 4:24 KJV**
- ❖ I am spiritually alive.
  - [5] *Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;)* **Ephesians 2:5 KJV**



- ❖ I am a citizen of Heaven.
  - [20] *For our conversation is in heaven; from whence also we look for the Saviour, the Lord Jesus Christ:* **Philippians 3:20 KJV**
  
- ❖ I am greatly loved.
  - [8] *But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.* **Romans 5:8 KJV**

## 7: Hold onto the fundamental sustaining power of FAITH. To increase knowledge without increasing faith creates an imbalance that causes inherent frustration.

- [13] *And I gave my heart to seek and search out by wisdom concerning all things that are done under heaven: this sore travail hath God given to the sons of man to be exercised therewith.* 16] *I communed with mine own heart, saying, Lo, I am come to great estate, and have gotten more wisdom than all they that have been before me in Jerusalem: yea, my heart had great experience of wisdom and knowledge.* 17] *And I gave my heart to know wisdom, and to know madness and folly: I perceived that this also is vexation of spirit.* 18] *For in much wisdom is much grief: and he that increaseth knowledge increaseth sorrow.* **Ecclesiastes 1:13,16-18 KJV**

## 8: Suicide is a permanent choice to a temporary situation. Decide to live.

- [13] *Thou hast thrust sore at me that I might fall: but the Lord helped me.* [17] *I shall not die, but live, and declare the works of the Lord.* **Psalm 118:13,17 KJV**

## 9: Don't let fatigue rob you of your future.

- [29] *He giveth power to the faint; and to them that have no might he increaseth strength.* 30] *Even the youths shall faint and be weary, and the young men shall utterly fall:* [31] *But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.* **Isaiah 40:29-31 KJV**
  
- [9] *And let us not be weary in well doing: for in due season we shall reap, if we faint not.*  
**Galatians 6:9 KJV**



## **10: Take the wisdom and strength you have acquired through your pain and use it to empower others.**

- *[10] And the Lord turned the captivity of Job, when he prayed for his friends: Job 42:10 KJV*

### **REVIEW: TEN WAYS TO OVERCOME ANXIETY AND DEPRESSION:**

- 1. Don't ignore it. In order to conquer it, I must confront it.**
- 2. Depression is a natural part of the process of becoming your stronger self.**
- 3. Because it is hard doesn't mean it's not doable, it means it is valuable. YOU are worth the work.**
- 4. What you're going through is not permanent. It's temporary. What's coming into your life will be better than what's leaving your life**
- 5. Depression enables you to recalibrate yourself at a higher level.**
- 6. Do not perceive depression and anxiety as who you are but something you are passing through. Do not personalize and internalize it.**
- 7. Hold onto the fundamental sustaining power of FAITH. To increase knowledge without increasing faith creates an imbalance that causes inherent frustration**
- 8. Suicide is a permanent choice to a temporary situation. Decide to live.**
- 9. Don't let fatigue rob you of your future**
- 10. Take the wisdom and strength you have acquired through your pain and use it to empower others.**



## How to protect your mind in troubling times

### Lesson 5: How David dealt with discouragement

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[5] Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance. **Psalm 42:5 KJV**

**5 things you want to ask when seeking the proper interpretation of any passage of scripture.**

1. Who wrote the text and who are they writing to?
2. What is the subject or issue at hand the writer is dealing with?
3. When was the passage written?
4. Where was the passage written and (if) it was a circular letter, where was it sent to?
5. Why was the passage written? What was the circumstantial context that precipitated it being written?

Psalm 42 is written to the chief musician (The minister of worship) A Maskil of the sons of Korah." The sons of Korah were a group of priests who were charged with the ministry of singing. II Chronicles 20:19 describes them in action: "And the Levites, of the children of the Kohathites, and of the children of the Korhites, stood up to praise the Lord God of Israel (with a loud voice on high)."

- **PowerPoint:** In order to take people (UP) into the presence of the Lord, your lifestyle will now be more important than your artistic style.
- **PowerPoint:** There cannot be effective presentation without intensive preparation.
  - [3] Who shall ascend into the hill of the Lord? or who shall stand in his holy place? 4] He that hath clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully. **Psalm 24:3-4 KJV**



The (4) prerequisites to serve in music ministry in this season are:

1. Holy lifestyle
2. Pure motives
3. God needs Servants not celebrities
4. Honesty

The psalms are a compilation of songs, poems, prayers & prophecies, which were written to awaken and express the emotional aspect of our humanity.

- *[15] For we have not an high priest which cannot be touched with the feeling of our infirmities; Hebrews 4:15 KJV*
- **PowerPoint:** Maskil (name of this psalm) comes from a Hebrew (verb) that means to make someone wise, or to instruct.
- *[7] I will bless the Lord, who hath given me counsel: my reins also instruct me in the night seasons. Psalm 16:7 KJV*

## Six things in Psalm 42, David did in the midst of his depression

### A.Externally his surroundings were oppressing him mentally

1. Verse (3) says that his enemies “say to him all day long, ‘Where is your God?’”
2. Verse (10) says the same thing, only it describes the effect as a deadly wound:
  - *[10] As with a sword in my bones, mine enemies reproach me; while they say daily unto me, Where is thy God? Psalm 42:10 KJV*
3. In verses 5 and 11, he describes himself as “cast down” and “in turmoil.”
4. In verse (3) he says, “My tears have been my food day and night.” He is discouraged to the point of crying.
5. In verse (7) he says that he feels overwhelmed: “All your breakers and your waves have gone over me.”



- **PowerPoint:** Whenever Satan who only comes to steal, kill and destroy is after your life, the first thing he comes after is your hope.

Satan comes after your HOPE to create a feeling of despair that will provoke you to do to yourself what he cannot do to you. Because he cannot penetrate the covering of God over your life, (without permission) he tries to pile circumstances upon you that will cause you to SELF DESTRUCT.

- *[5] Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance.*  
Psalm 42:5 KJV
- 6. Verse 11: “Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.”

David’s primary weapon against the spirit of depression was *PRAISE*.

- **PowerPoint:** It requires prolific praise to deal with prolific pain!

## EXPAND YOUR PRAISE VOCABULARY:

- *[1] God is our refuge and strength, a very present help in trouble. 7] The Lord of hosts is with us; the God of Jacob is our refuge. Selah. 10] Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.*  
**Psalm 46:1,7,10 KJV**
- *[1] Therefore being justified by faith, we have peace with God through our Lord Jesus Christ: [2] By whom also we have access by faith into this grace wherein we stand, and rejoice in hope of the glory of God.*  
**Romans 5:1-5 KJV**

## How the Psalmist Responds to Discouragement

### 1. David asks God Why?

Verse 9: “I say to God, my rock: ‘Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?’”

In the midst of emotions, we are not always careful with our words. Job 6:26 Job talks about “words for the wind.” Job says to his critical friends, “Do you think that you can reprove words, when the speech of a despairing man is wind?”

## 2. He affirms God’s sovereign love.

Psalm 42:8: “By day the Lord commands his steadfast love, and at night his song is with me, a prayer to the God of my life.” In verses 5 and 11, he calls God “my salvation and my God. He never stops believing in the absolute sovereignty of God over all his adversity.

At the end of verse 7, he says, “All your breakers and your waves have gone over me.” David learned that it is God who rules the wind and the waves.

## 3. David kept singing

Verse 8: “By day the Lord commands his steadfast love, and at night his song is with me, a prayer to the God of my life.”

- [19] *Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; Ephesians 5:19 KJV*

## 4. David preached to his own soul.

Verse 5: “Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.”

Learn how to preach to yourself:

- ❖ **Self:** If God is for you, who can be against you?
- ❖ **Self:** Who shall bring any charge against you as God’s elect?
- ❖ **Self:** I can do all things through Christ which strengthens me.



## 5. David remembers past experiences.

Psalm 42:4: “These things I remember, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival.”

## 6. David thirsts for God.

- *[1] As the hart panteth after the water brooks, so panteth my soul after thee, O God.  
2] My soul thirsteth for God, for the living God: when shall I come and appear before God? Psalm 42:1-2 KJV*

Whatever the challenge is, and wherever the waves of life may take us, GOD WILL BE WITH YOU every step of the way.