



***REAL AND RAW***  
*Walking through  
Anxiety and Depression*

**My Soul is Cast Down  
Psalm 42**



***How do we get  
from despair to hope?***



# Come to God, our Rock and our Hope

## 1. Desire Him



## 1. **Desire Him**

*Has God forgotten me?*

- Self-examine: *Why do I feel forgotten?*
- Recognize that my deepest desires are ultimately for God Himself!

**I'd Rather Have Jesus!**

Creator > creation

Provider > provision

Giver > gift



## Come to God, our Rock and our Hope

1. Desire Him
2. Pour out to Him



## 2. Pour out to Him

It's OK to have emotions!

- Cries frequently and can't eat v.3
- Feels like drowning in waves v.7
- Feels oppressed by enemies and rejected by God v.9
- Feels overwhelmed and unable to cope v.10

It's OK to express your emotions to God!

Be honest, real, raw... but don't *sulk* or  
*wallow*!



## Come to God, our Rock and our Hope

1. Desire Him
2. Pour out to Him
3. Praise Him



### 3. Praise Him

We must cultivate a **desire** and a **discipline** to praise God!

Think about what is praiseworthy! (Phil 4:8, Job 1:21) – God creates, saves, gives...

It's important to praise God alone AND in **community**.

Praising God together is (Colossians 3:16-17):

- an act of worship
- an act of ministry



## Come to God, our Rock and our Hope

1. Desire Him
2. Pour out to Him
3. Praise Him
4. Endure in Him

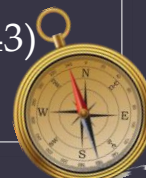


### 4. Endure in Him

Daily life might feel like going against the current!

*How can I push through day after day?*

- Hope is rooted in truth, not feelings
- See God's character: satisfying (1-2), Living God (2), my salvation (5, 11), with steadfast love (8), my Rock (9)
- Speak gospel truth to yourself! (5, 11)
- Expect to pass through cycles (Psalm 43)



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## **Where is your anchor?**

*This hope we have as an anchor of the soul, both sure and steadfast, and which enters the Presence behind the veil, where the forerunner has entered for us, even Jesus, having become High Priest forever according to the order of Melchizedek.*

Hebrews 6:19-20

