

Psalm 42 - Why are you Depressed, O My Soul?

A – vs.5 Why are you depressed, O my soul? Hope in God/Praise Him, my help

B – vs.8 God's Lovingkindness

C in the day

C in the night

B¹ – vs.8 His song with me, my prayer (response) unto God.

A¹ – vs.11 Why are you depressed, O my soul? Praise Him, Who is the health of my countenance and my God.

This simple teaching—is it sufficient for people who suffer from depression, even severe or acute depression, to help them recover and be restored in health, especially mental health?

When we utter the spoken word of faith, whether in private or public, believing that He is “my Help” (vs.5) and even “the health of my countenance,” should we not expect God to fulfill His word? Is there not power in the word of God? The story of the centurion in Matt 8:5-10 indicates there is healing power in the word. Note vs. 8, “but speak the word only, and my servant shall be healed.” Do we have faith to believe the Lord Jesus has commanded His lovingkindness (His favor) unto us, unto you, already? And your response will be a song of your experience, to “the God of my life.” Though you may have a yo-yo experience as the Psalmist expressed as his experience, yet it was that which Christ also experienced in our behalf.

At last you will conquer, realizing that as you praise Him, He will be to you

“the health of my countenance and my God.” -Psalm 42:11

For a discussion on how you can heal from emotional hurt and mental pain, you can click on the [“Helping Our Children Heal”](#) Podcast or any others you find in the list that could benefit you.