

# “VICTORY OVER DEPRESSION”

Psalm 102:1-28

## — INTRODUCTION —

- The title of Psalm 102 is “A Prayer of the Afflicted.”
- The psalmist is encountering personal sorrow and grief.
- He mourns over the Babylonian captivity, the ruins of Jerusalem, and the opposition to the restoration.
- He is experiencing so much discouragement and depression that his heart is broken (smitten). (v. 4)

**Question:** What can happen when a broken heart occurs?

**Answer:** Two things that are real and unconcealable:

- #1. The **loss of appetite**. (He can’t even eat.) “My heart is broken so that I forget to eat my bread.” (v. 4)
- #2. The **loss of joy**. (He is reduced to tears.) “I’ve mingled my drink with weeping” (v. 9)

### The Two Distinct Divisions of Psalm 102

In verse 1-11, the psalmist pours out his discouraging complaints.

In verse 12-28, he expresses his confidence in God.

In verse 1-11, the psalmist focuses on his feelings and himself.

In verse 12-28, he changes his focus and looks to the Lord.

In verse 1-11, the psalmist is feeding on his emotions.

In verse 12-28, he is lifted because of the power of God.

## Questions With Answers

- What are the causes of discouragement and depression?
- How does Satan hurl fiery darts that crush the spirit?
- What’s the secret (the cure) to overcoming the joy robbers?

### I. The LOT of the Discouraged

#### 3 fiery darts (lies) of the enemy

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#1. **“My days are like smoke”** (v. 3) which means:

- My days are vanishing away as nothing (wasted).
- My days are accomplishing no good thing.

(Enemy lie No. 1) “Your wilderness is a wasted season.” But the truth is:

- God will use our weaknesses for His Glory.
- God will redeem what we feel is wasted.
- God will use our disappointments to distribute His grace through us to other people.

- #2. **“My days are like withered grass”** (v. 4) which means:
- I am dry and thirsty as in a drought.
  - I’m drooping over like a flower, parched and weakened.

(Enemy lie No. 2) “Faltering strength cannot be renewed.”

“You cannot be strong and vibrant in the Lord.” But the truth is:

- God does strengthen believers who are weak.
- God does renew those who are thirsty.
- God does sustain His own regardless of the climate around you.

- #3. **“My days are like a shadow”** (v. 11) which means:
- The psalmist has lost sight of the whole picture.
  - He views his life only in light of the present.

(Enemy lie No. 3) That nothing good will come from testing.

That nothing good will follow our brokenness.

That tears and pain are wasted and useless. But the truth is:

- Your affliction will result in glory. (II Corinthians 4:17)
- Your testing will produce character. (Romans 5:1-5)
- Your experiences will bear more fruit. (Hebrews 12:11)

## II. The LAMENTING of the Discouraged

**Question:** What happens when we focus on our feelings instead of on the Lord?

**Question:** What happens if the enemy gets our mind only on our weaknesses, frustrations, disappointments and unfulfilled expectations?

### The “Bird Language” of Depression

- #1. **“I am like a pelican in the wilderness”** (v. 6)

**Fact:** The pelican can sit for hours with its beak on its breast.

**Fact:** It will sit alone in solitude with no one in sight.

The pelican is the symbol of loneliness.

- #2. **“I am like an owl of the desert”** (v. 6)

**Fact:** The owl will sit constantly twisting its neck, nervously looking around.

**Fact:** The owl refuses to be quiet, ever looking and turning with restless energy.

The owl is the symbol of anxiety.

- #3. **“I am like a sparrow upon the housetop”** (v. 7)

**Fact:** I “watch” is a word meaning “to stay awake.”

**Fact:** It is a picture of the sparrow afraid to sleep.

The sparrow is the symbol of sleeplessness.

### III. The LORD of the Discouraged

Following the gloom of verse 11...

...the transition occurs at verse 12 - "**But thou, O Lord**".

**Question:** What lifts the psalmist out of despair?

**Question:** What cures the blues of a depressing spirit?

### 5 Nails in the Coffin of Discouragement

- #1. The Lord will **remain**.  
"But thou, O Lord, shalt endure forever" (v. 12)  
Meaning: His purposes will be fulfilled, so rest at ease!
- #2. The Lord will **rise**.  
"Thou shalt arise and have mercy upon Zion" (v. 13)  
Meaning: Jerusalem seemed helpless, but God rose in battle to stop the enemy.
- #3. The Lord will **restore**.  
"The Lord shall build up Zion and appear in His glory" (v. 16)  
Meaning: God would restore Jerusalem's glory and splendor again.
- #4. The Lord will **regard**.  
"He will regard the prayer" (v. 17)  
Meaning: The Lord was (and is) answering prayer today.
- #5. The Lord will **release**. (v. 20)  
"To hear the groaning of the prisoner; to loose those appointed to death."  
Meaning: Jesus still breaks the power of past sin and sets the prisoner free!

**AMEN !**

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