

Have you ever experienced spiritual depression? Or are you currently in a state of spiritual depression? Looking at the writer of Psalm 73, we can see that he was in a very serious state of spiritual depression, to the point where he might have left God. However, as this problem was resolved, he made a great confession of faith with a shout of joy. Not everyone overcomes spiritual depression in this way. Such confessions do not come from ordinary, uneventful, comfortable lives. Through today's message, I hope you experience the same amazing grace that the psalmist in Psalm 73 experienced.

First, you must recognize and acknowledge your ignorance and foolishness.

In verse 22, it says, "I was senseless and ignorant; I was a brute beast before you." Looking back after a period of time has passed, there are moments when you realize, "I didn't know back then! I was foolish and ignorant!" The same applies when you are in a state of spiritual depression. It is a time when you cannot see things clearly, like a spiritual child. You must not think that your thoughts, beliefs, and conclusions are everything. Whether at home, at work, or in church, you should not insist that you are always right. As time passes and you grow, you may find such moments embarrassing. To rise above spiritual depression, you must recognize your ignorance and foolishness.

Second, you must cling tightly to God.

In verse 23, it says, "Yet I am always with you; you hold me by my right hand." The psalmist Asaph did not stop worshipping even in the midst of his difficult and challenging spiritual depression. When he did this, God held his right hand and lifted him up. The remarkable thing about Asaph is that even though he was in a deep spiritual depression where he misunderstood and wanted to leave God, he did not lose his trust in God. When spiritual depression comes, the first thing you might not want to do is come to church and worship. Nevertheless, I bless you to hold tightly to God's hand in faith.

Third, you must focus solely on God.

The world changes, and people change, but God's love for us never changes. Therefore, we must trust and look to God to the end. That is how we can escape from spiritual depression. In verses 24-25, it says, "You guide me with your counsel, and afterward you will take me into glory. Whom have I in heaven but you? And earth has nothing I desire besides you." Only God can end our spiritual depression because He is "the strength of my heart and my portion forever" (verse 26). Dear beloved, do not look at your surrounding environment, and do not rely on people. Like Moses who only believed in God before the surging Red Sea, I bless you to look only to the Lord.

Fourth, you must clearly know what is a curse and what is a blessing.

The most significant feature of Asaph is that he knew precisely what blessings and prosperity were, and what curses were. He confesses in verses 27-28, "Those who are far from you will perish... But as for me, it is good to be near God." Asaph had a clear concept of what constituted a curse and a blessing. Being distant from God is a curse, and being close to God is a blessing. Those who know this can rise above spiritual depression, even in a wilderness-like state. Overcome spiritual depression like Asaph and "tell of all your deeds" (verse 28).

Bible Memorization

A VERSE FOR THIS WEEK

‘Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory. I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.’ (Romans 8:17-18)

Bible Reading

8/5(Mon)	8/6(Tue)	8/7(Wed)	8/8(Thur)	8/9(Fri)	8/10(Sat)	8/11(Sun)
Isaiah 28-30	Isaiah 31-34	Isaiah 35-37	Isaiah 38-40	Isaiah 41-43	Isaiah 44-45	Isaiah 46-49

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Quiet Time Passage

8/5(Mon)	8/6(Tue)	8/7(Wed)	8/8(Thur)	8/9(Fri)	8/10(Sat)	8/11(Sun)
2 Kings 19:14-28	2 Kings 19:29-37	2 Kings 20:1-11	2 Kings 20:12-21	2 Kings 21:1-9	2 Kings 21:10-26	2 Kings 22:1-11

Sharing Questions

1. Please share any new realizations or grace you have received through today's message.

2. If you have recently experienced spiritual depression, please share.

3. What do you need to overcome spiritual depression?