

From Depression to Deliverance

Psalm 119:25-32

Christians are not immune from long-term sorrow and trouble, v 25a, 28a

Even very Godly Christians

The first statement, 25a

Dust in the ANE symbolized humility, sorrow, and grief.

“I am completely discouraged,” LB

“I am sunk to the ground under the crushing weight of trouble and grief,” Cohen.

“The dust holds me prostrate.”

My soul “clings” to the dust, word means to keep close, “to glue to” something.

The second statement, 28a

The writer felt as though his life was melting away in tears. The Hebrew speaks of a “collapsing soul.” I waste away in sorrow, my life is dripping away in grief. The picture is of one who is worn out with sorrow and ill emotional situation. The author just couldn't quit crying.

God has given Christians liberating hope in this kind of sorrow, 25b-32

The first group of liberating reflections, 25b-27

God's word revives the sorrowful and grieving, 25b.

NIV's *Preserve* better translated *revive*. To enliven or to enrich, Psalm 19:7.

A prayer for the promises of the Word of God for life to be actualized in his life. Whenever you pray that God's promises, which are applicable to his servants, be realized, you have great hope, 25b.

It has done so in the past and is trustworthy to do so in the present, 26.

In the past, the writer told the Lord in prayer all of his troubles, “ways.” Because God answered his prayers in the past, he has great hope that God will answer his prayer in the present.

This prayer is that God will open his eyes to understand principles from the law that will guide him in the present dilemma, 26.

The desire of the heart to understand and respond gives hope, 27.

The second group of liberating reflections, 28b-32

There is one antidote for a collapsing soul, the strengthening Word of God which teaches one how to stand up under such sorrow, 28b, see also v92.

This situation does not hopelessly force sin upon anyone, 29a

Under the pressure, he does not want to stoop to lying as a way to get out of the pressure.

Principles from the Word of God will protect from this kind of behavior, 29b

The principle is "God help me understand," (27) so I can do.

One can make commitments to obedience in the midst of this pressure, 30-31

The writer made a choice to obey in the midst of depression, 30, which included submission to the Word. The writer understand his responsibility in trials.

It is obedience to the Word of God in these times, in spite of how one feels, that liberates, 32.

Christians must want to please God more than life itself in these kinds of problems

The writer's request isn't solely for relief.

It is for protection from deception as well as understanding for obedience. In no way does he want relief if it comes by compromise of biblical principles in his life. When the sun goes down, he knows that it is obedience to God's principles that liberates the believer.

Have you made that commitment to God?

Would you do so today?