

WHEN YOU ARE SLIDING DOWN THE SLIPPERY SLOPE OF DEPRESSION

Psalm 102

The writer's cry for help, 1-3.

Reflects his knowledge of Scripture (see Leupold), 707.

The writer's _____, 3-11

A sense that life is wasting away, _____? 3a.

Physical _____ and _____, fever? 3b

Emotionally down, withered, _____, 4a

Loss of _____, food not appealing. 4a, 5.

Sense of _____, 6, 7b.

_____, 7a.

Taunted and _____ by others, v8.

Perhaps no one understood him.

On the "ash heap," _____ often, v 9.

Among the ancient Orientals, to sit in or be covered with ashes was a sign of grief, mourning, humiliation or penitence. Job sat in ashes (2:8; 42:6) The word *ashes* also designated worthlessness or insignificance (Gen 18:27; Job 30:19).¹

A sense of being _____ by God, 10.

Job parallels

A sense of the wrath of God on him because of some sin, _____, 10a

Also, Job.

Life is _____, 11, 23.

Perhaps the writer has some terminal illness, although this is far from certain. Because of this, he faces depression sorrow, pain and the taunts of others, perhaps like Job did.

The writer's solution, 12ff.

He is thinking _____.

Cries in 1-3 echo other biblical material

V 20 echoes Isa 51:6; and v 26 Isa 48:12; v 2 Psalm 69:17-18 and v 16, 69:35,36.

He is thinking _____, v 12.

¹ ISBE, vol 1, p. 318.

He reflects upon the _____ of God

God is in control, 12 a

God is a god who will keep his promises, v 13, 15-16

God does not change, v 27

God is a God of compassion, v 13, 19-20

For his name's sake, 22

He is thinking futuristically, _____.

The is thinking of Zion,

There is a future for the people of God, think forward.

Even if life is cut short, there is a glorious future hope, 15-17, 21-22, 27-28

While he doesn't want to end his life on the halfway mark (11, 23, 24), he knows the hardships he is going through are part of a plan to gather and grow people for his future kingdom, 12b, 18-22, 28.

Consider 1 Peter 1:10-12; Hebrews 11:39-40

He is thinking of _____.

V 18, 27, 28.

1 Peter 1:10-12.

These thoughts have often comforted others in difficult trials

1 Tim 1:17; 6:15-16; Phil 1:12

God calls on you, in difficult times to:

See God's _____ in the hardship, 1 Peter 1:7-9.

See your role in the unfolding drama of _____, Peter 1:10-12.

Disciple your mind to stay out of the mental muck and mire of "_____?" 1 Peter 1:13

Don't give in to feelings, 1:14

God's standards don't change just because life is difficult, 1 Peter 1:15

God is serious about this because of the price of redemption, 1 Peter 1:17-21

God calls on you to focus on serving one another even when life is tough, 1 Peter 1:22-23.

So you can continue to be productive and use the Word of God to grow yourself and others; 1 Peter 1:23-2:3

God calls on you to remember you are his chosen people, chosen to be part of the whole team, chosen to suffer so God can grow you and prepare you for glory, 1 Peter 2:4-10.

God calls on you not to give in to your _____, it may seem helpful and pleasing, but in reality it is destructive, 1 Peter 2:11-12.

Some specific ways to "_____ " 1 Peter 2:13-3:14.