

WHEN YOU ARE SLIDING DOWN THE SLIPPERY SLOPE OF DEPRESSION

The ultimate hope for individuals in distress is the coming kingdom of Zion.

INTRODUCTION

My notes

It seems as though the Author's days are growing shorter and more painful, yet the author had great hope in the eternal God's character and future plan, so the author writes to encourage (v18) a future generation to hope and trust in God. It appears that the writer has sinned (v10, 24), but perhaps not specifically. While the writer cries out for help we don't know if it comes on terms he wants **SEE 107:17**

Kidner

Traditionally miscalled a penitential psalm (the fifth of the seven; see the introduction to Ps. 6), this is in fact the cry of one whose sufferings are unexplained, like Job's. As the title implies, it is a prayer which others who are near the end of their endurance can echo, finding words here that lead them 'into a large place'.

102:1

102:2

102:3

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102:28

WHEN YOU ARE SLIDING DOWN THE SLIPPERY SLOPE OF DEPRESSION

The writer's cry for help, 1-3

Reflects his knowledge of Scripture (see Leupold), 707, Allen, p 13.

The writer's condition, 3-11

A sense that life is wasting away, what's the use? 3a.

Physical aches and pains, fever? 3b

Caused by or a result of his condition?

Emotionally down, withered, demoralized, 4a

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

Sense of loneliness, 6, 7b

Insomnia, 7a

Taunted and tormented by others, v8

Perhaps no one understood him, snap out of it.

On the "ash heap," cries 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 forsaken by God, 10.

Job parallels

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

Also, Job.

Life is cut short, 11, 23.

¹ ISBE, vol 1, p. 318.

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 biblically

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 theocentrically, v 12

He reflects upon the attributes 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, eternally.

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 others,

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 purpose in the hardship, 1 Peter 1:7-9.

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

Disciple your mind to stay out of the mental muck and mire of "poor me, what's the use?" 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 feelings in hardships, it may seem helpful and pleasing, but in reality it is destructive, 1 Peter 2:11-12.

Some specific ways to "flesh this out," 1 Peter 2:13-3:14.