

# “GOD’S PRESCRIPTION FOR DEPRESSION”

## (Psalm 16)

*\*What is the historical context of this psalm?*

*\*What is a michtam?*

### **A. Preservation: the cry for God (vs. 1).**

1. When we \_\_\_\_\_ in the Lord, it becomes far easier to \_\_\_\_\_ of Him (vs. 1).

*\*What is our default posture towards the Lord?*

### **B. Prioritization: communion with God (vv. 2-4).**

1. It is essential that a believer find their \_\_\_\_\_ in \_\_\_\_\_ (vs. 2).
2. We should demonstrate \_\_\_\_\_ and desire \_\_\_\_\_ with other believers due to our common faith in Jesus Christ (vs. 3).
3. We must be \_\_\_\_\_ to reject \_\_\_\_\_ (vs. 4).

*\*Is this passage referring to believers or unbelievers?*

*\*Principle to Ponder: Believers are only responsible for their \_\_\_\_\_ with the Lord.*

*\*Is it wrong to take depression-focused medication?*

### **C. Provision: commitment to God (vv. 5-9).**

1. Not only is the Lord is our \_\_\_\_\_ in terms of personal possession, but He is our \_\_\_\_\_ in terms of daily substance. (vs. 5).
2. Contemplation of the Lord's \_\_\_\_\_ towards us should prompt us to \_\_\_\_\_ Him (vv. 6-7a).
3. Repeated trust in the Lord will result in being \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. (vv. 7b-8).

### **D. Protection: confidence in God (vv. 10-11).**

1. Knowledge of one's \_\_\_\_\_ and God's \_\_\_\_\_ will have a direct impact on their Christian life (vs. 10).
2. Believers need to embrace that God alone holds the \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ (vs. 11).

*The cure for depression:*

- 1) *'You will show me the path of life'*
- 2) *'In your presence is fullness of joy'*
- 3) *'At your right hand are pleasures forevermore'*

*\*Principle to Ponder: Where we find our \_\_\_\_\_, we find our life's \_\_\_\_\_ and daily \_\_\_\_\_.*

*\*What can we learn from all this today?*