

Deep calls to Deep

**session 4
the depths
of despair**

Spiritual formation in the hard places of life

what does failure look like?

how can failure impact us?

what Biblical examples are there of people who failed?

Session 3 Review

'Out of the depths ...' (Psalm 130 v1)

O Lord, don't rebuke me in your anger or discipline me in your rage! Your arrows have struck deep, and your blows are crushing me.

Psalm 38

A raging fever burns within me, and my health is broken. I am exhausted and completely crushed. My groans come from an anguished heart.

My loved ones and friends stay away, fearing my disease. Even my own family stands at a distance. Meanwhile, my enemies lay traps to kill me. Those who wish me harm make plans to ruin me.

My wounds fester and stink because of my foolish sins. I am bent over and racked with pain. All day long I walk around filled with grief.

exploring and expressing the depths

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Session 3 Review

Rhythm of Life: Orientation, Disorientation, Reorientation

everything makes sense in our lives

Orientation

Disorientation

Reorientation

LIFE HAPPENS

PRIDE GREED ANGER FEAR HATRED DISAPPOINTMENT VIOLENCE WE CRY OUT TO GOD!

we are in a new place full of gratitude and awareness about our lives and our God

we feel we have sunk into the pit

Session 3 Review

'Out of the depths ...' (Psalm 130 v1)

Our expectations of what life is always going to be like may not match up to Psalm 145 but **our expectations of who God is should not be diminished.**

The Psalmist draws on this and gives three unchangeable truths about God:

- With you, there is **forgiveness**
- With him, there is **unfailing love**
- With him, there is **full (lit. multiplied) redemption**

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Session 3 Review

'Out of the depths ...' (Psalm 130 v1)

I wait for the Lord,
my whole being (soul) waits,
and in his word I put my hope.

I wait for the Lord
more than watchmen
wait for the morning,
more than watchmen
wait for the morning

exploring and
expressing the depths

Session 3 Review

Success, Failure & Grace

Sometimes to properly understand failure, we need to look at what we see as success as this can shape our understanding and experience of failure

Expectations – living up to other people's standards/rules (often parental or church?).

Perfectionist – living up to impossibly high personal standards

Comparisons – comparing ourselves to others

Playing safe – avoiding challenges in case we fail

Performance culture – often linked to education but also work. You're a high-flier!

Session 3 Review

Success, Failure & Grace

“Grace means there is nothing we can do to make God love us more...
... And grace means there is nothing we can do to make God love us less...
Grace means that God already loves us as much as an infinite God can possibly love.”

Philip Yancey, What's So Amazing About Grace?

Session 3 Review

What is depression?

'An emotional state of dejection and sadness ranging from mild discouragement and downheartedness to feelings of utter hopelessness and despair' (WHO)

What is depression?

We see all these emotions in Psalms 42 & 43 but we also discover hope and trust

'An emotional state of dejection and sadness ranging from mild discouragement and downheartedness to feelings of utter hopelessness and despair' (WHO)

Psalms 42 & 43

Editors choose to start Book 2 with this psalm

Presented as one psalm in various Hebrew manuscripts

Labelled as a 'maskil' – likely meaning associated with wisdom

Attributed to the 'sons of Korah' – Korah led a rebellion in the wilderness

Psalms 42 & 43

Structure:

- 42:1-4 'I feel **dry**'
- 42:5 *Chorus* 'Why are you downcast?'
- 42:6-10 'I feel **overwhelmed**'
- 42:11 *Chorus* 'Why are you downcast?'
- 43:1-4 'I feel **abandoned**'
- 43:5 *Chorus* 'Why are you downcast?'

Psalms 42 & 43

where is God?

why have you forgotten me?

why have you rejected me?

Psalms 42 & 43

Why, my soul, are you downcast?
 Why so disturbed* within me?
 Put your hope in God,
 for I will yet praise him,
 my Saviour and my God.

* literally 'roaring'

Psalms 42 & 43

'God is remote enough
 for the psalmist
 to feel deserted ...

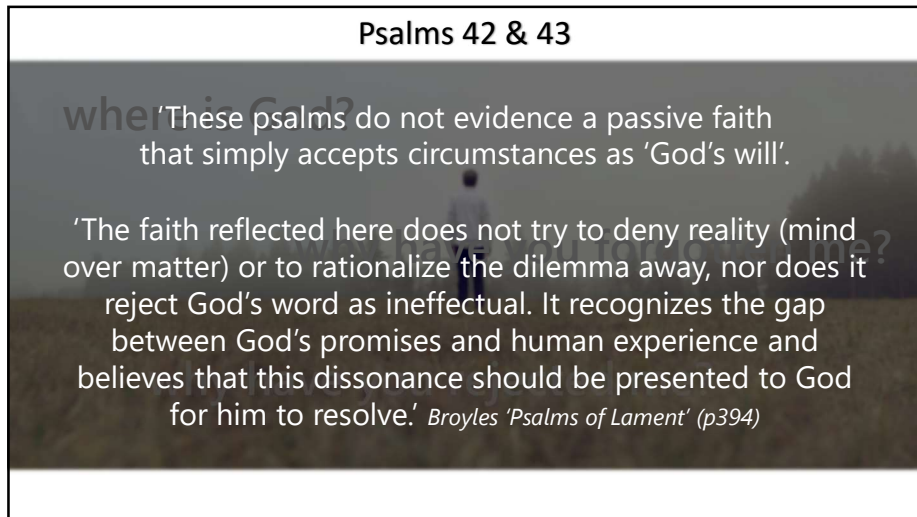
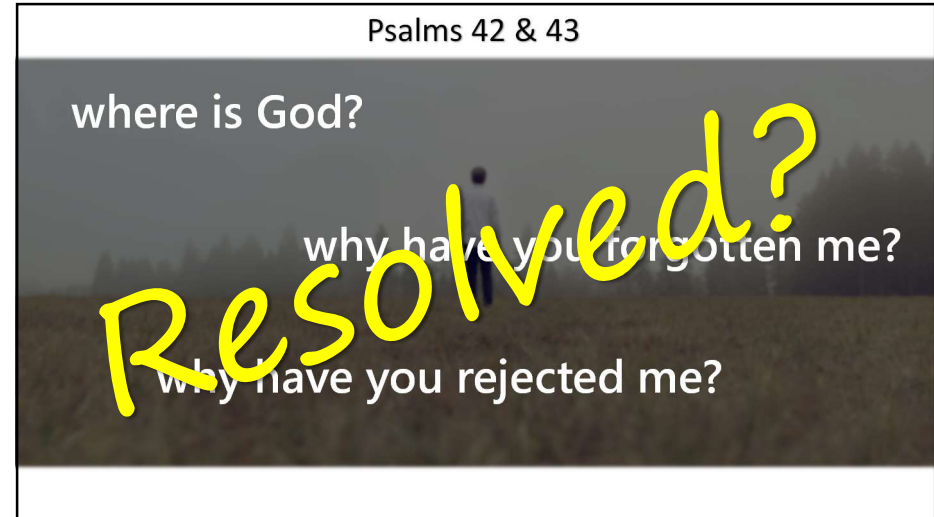
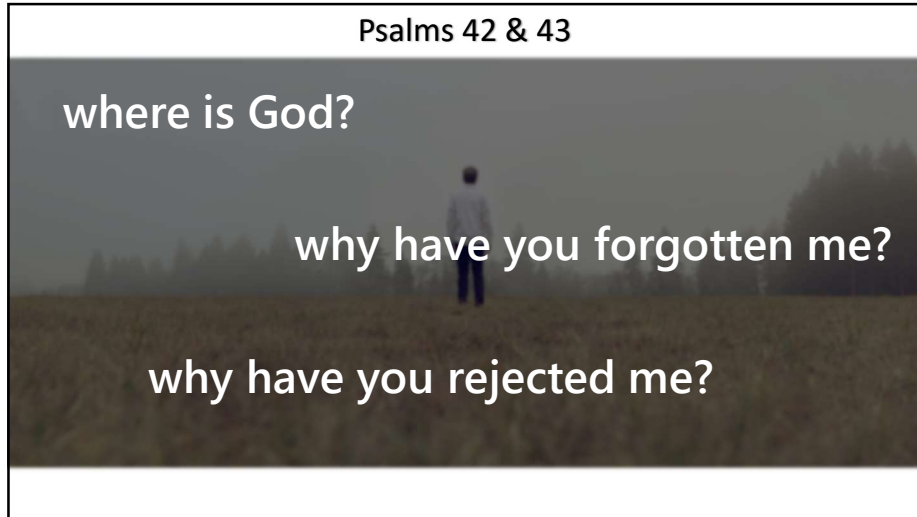
... yet near enough
 for him to talk to.'

Michael Wilcock, 'The Message of Psalms' (p154)

Psalms 42 & 43

A battle is taking place between:

- Negativity and Positivity
- Fear and Faith
- Despair and Hope
- Perceptions and Truth



Share & Prayer

where is God?

What can you take from
these psalms to
strengthen yourselves
and also to help others?

why have you rejected me?

