

Source of Hope

Why art thou cast down, O my soul? and why art thou disquieted within me? hope in God: for I shall yet praise Him, who is the health of my countenance, and my God. –Psalm 43:5

Depression can arise because of various reasons; sometimes it is the result of an impossible situation or a misunderstanding about God. When we misinterpret who God is and what He wants to do in our lives we may feel that God has forgotten us.

The Psalmist said, "*How long, Wilt thou forget me, O LORD? Forever? How long wilt thou hide thy face from me? . . . How long wilt mine enemies triumph over me?*" (Psalm 13:1, 2).

Of course we know that God had not really forgotten David and He was not hiding from David. David had the wrong concept of God. He felt that God had abandoned him. David believed the lie of the Devil.

When we believe a lie about God, it causes us to doubt and to lose focus on God. We forget He is omnipotent, omnipresent, and omniscient. We forget that God is all powerful. He is able to give us victory. We forget that He is present everywhere so He is with us as we go through this trial. We forget that He is all knowing. He knows the best way to work this situation out. When we forget who God is and believe a lie about God, we become hopeless and depressed.

David did not allow himself to stay in the depths of depression. Instead, he began exalting God and praising Him for His unfailing love. Psalm 13: 5 and 6 says, "*But I have trusted in thy mercy; my heart shall rejoice in thy salvation. I will sing unto the LORD because He hath dealt bountifully with me.*"

PRAISE God for David's example of how to have victory over depression. He made the choice to reject Satan's lie and focus on the true source of hope. He went back to the word of God and the assurance of who God is and what He had done. When we go through difficult times, we can have the same assurance as David. God knows us, He loves us, He has the power and the knowledge to work all things out to His glory.