

A Downer Psalm Psalms 88

Why is such a Psalm in Scripture?

Because the Psalm speaks to the human condition.

This Psalm teaches us...

- **Depression will _____.**
- **Depression can't rob _____.**
- **You can _____ in depression.
Caveat-direct it to the right _____.**
- **Depression is a valley not a _____.**

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Message Application:

One of the most loved Psalms in Scripture is Psalm 23. Psalm 23 is one of the Psalms that church people memorize. It is a Psalm that non-believers recognize also. It is a great Psalm. It is a comforting Psalm. It is a Psalm that ends with hope.

The Psalm we studied today, Psalm 88, is not memorized at all. Not by non-believers or believers. Yet there is a connection between the two ancient songs. In Psalm 23 we read in verse 4, *“Even when I walk through the darkest valley, I will not be afraid, for you are close beside me.”* Ps 23:4a NLT Notice that David’s ode to Yawah doesn’t deny the valley. The valley in some translations is called, “the valley of death.” The word picture is one of darkness. I think it is ok to say that it can speak of the dark season of the soul as well as facing physical death. We hear an acknowledgement from David that the valley isn’t the place to stay. David says he is walking “through the darkest valley,…” It is not the place to pitch your tent, but you still walk through the valley; it’s a part of being human.

We also note that we need not walk through the valley alone. God, the Shepherd was with David. The great news is He will be with us!

Psalm 88 begins with, *“1 O Lord, God of my salvation, I cry out to you by day. I come to you at night.”*

Although this psalmist is in the middle of depression, he still realizes where his salvation comes from. The author of salvation is his Lord God. The writer of the song, in very Old Testament terms, recognizes everything comes from God, yet there is no claim that God is unjust. The writer, in spite of everything, knows God is the only one who can save him.

From the New Testament perspective we know that God is the God who brings “good gifts” (James 1: 13-18). Romans 8:28 assures us God is always working all things for our good.

There is no doubt today that everyone goes through feelings of depression. Some people may go through longer bouts than others and others go through depression that is linked to physical conditions.

There is also no doubt that we serve a loving, gracious, powerful God. He is in the valley of depression with us. His power will keep us. His love will sustain us. He will bring us “through” the depression onto the mountaintop! So that you in turn can help someone else out of that valley.

This week cry out to our Lord Jesus. Either cry out for yourself if you're going through the valley or cry out for the person you know who is in the middle of that depression. Encourage the broken spirit or take encouragement in your brokenness, the LORD God is with you.

Determine in your heart to move forward with your hand in His. Claim the promise of Romans 8: 28 and James 1: 13-18. Share your feelings with me so we can pray together. You are not alone.

Grace & Peace,

Wm. Lyons