



Teaching Notes: Scott Fameli

July 14, 2013

Soul Rx

desert breeze community church

Psalm 42 – Spiritual Depression

There's no greater prescription for what ails our soul than deep communion with God (book of Psalms).

1. Spiritual Depression: The perceived absence of the presence of God.
2. An inability to endure life experience results in exhaustion. Depression is a state of exhaustion. (Ps 6:6, 63:1, 69:3)
3. Major Depression is defined as a complex biomedical, psychosocial and spiritual disorder that adversely affects a person's family, work or school life, sleeping habits, eating habits, and general health. (Eph 4:14, Psalm 139)
4. Life Stamina comes through psychosocial crisis (or growing through the conflict between our condition and our environment). (John 15:19, Isa 55:8-9, Mt 5:44, Mt 16:25, Ro 5:6-8)

EMBRACING CONFLICT & INTEGRATING INTO REALITY:

- A. LOOK IN – Evaluation of physical health, belief system, your truth source. Resources: Physical Check-up, Healthy Critical Self Talk, Healthy Friends, Prayer, Holy Spirit, Holy Word
 - B. LOOK UP – The process of seeking God. Estimate the world through God's eyes, not God through the world's eyes. Resources: Prayer, Holy Word, Intimate Fellowship, Corporate Worship
 - C. LOOK AROUND – Evaluation of your investment and priorities in; trusted fellowship, sacrificial loves, dependencies and idols. Resources: Personal Community, Personal Calendar, Personal Checkbook, Personal Worldview, Bible
 - D. LOOK AT YOUR GRIP – Making changes to or tightening the grip on things that influence your life for the better. Resources: A pure, earnest and regular effort in steps 1-3 that leads to making changes responsibly.
5. God's greatest desire is to be glorified by leading us through life. This happens best in the sanctifying process that shows His strength is made perfect in our weakness.
(Pressing in & hang on - Ps 63:1, Mk 12:30-31, Phil 2:12-16, Eph 4:1-3, Rom 5:1-5, James 1:2-4)



Growing

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1. Read Psalm 42. The Psalmist is experiencing a “perceived” absence of God and it does not appear to be a result of sin. What stands out to you about WHY he is suffering? How can we learn to suffer well by his example?
2. The extremes of the seasons (winter, spring, summer, fall) can be likened to “Spiritual Seasons”. What spiritual season are you currently in? Discuss your personal experience with a season of spiritual dryness. Did you, or are you, suffering well?
3. Life Stamina comes through psychosocial crisis or growing through the conflict between our condition and our environment. Using these scripture references discuss the complexities of the conflict we are in between our condition (internal) and our environment (external).
(John 15:19, Mt 5:44, Mt 16:25, Ro 5:6-8)
4. Embracing conflict and integrating into reality: Review the sermon notes and discuss the processes and resources suggested. LOOKING IN – LOOKING UP – LOOKING AROUND – LOOK AT YOUR GRIP. How are your processes and resources bringing you into the reality of God’s presence?
5. Where is your God? Review the contrast between crisis and blessing in Mt 5:3-12. Seek God’s presence in prayer for yourself and others.