

THE PASSION & PURSUIT

A STUDY OF THE LIFE OF DAVID

JUL 22/23

Title: Beyond Blue

**Text: 1 Samuel 22:1-2. Psalm 142,
Psalm 42,43**

Target: There is a cave of depression that is inevitable for all, where darkness abounds and the walls are so tall. You sit in the shadows of sorrow with no hope for tomorrow. There is a light in the distance drawing near with persistence, bringing comfort in pain. He's familiar with the darkness of the cave, for there once His body was laid, but on the 3rd day He was raised to give you a promise that this giant you face has already been slain.

I. Defining Depression:

1 Samuel 22:1-2 "Cave of Adullam"-Sealed off Place

A. **Confession:** "A feeling of helplessness and hopelessness that leads to sadness."
- Dr. Adrian Rogers

- **Who was IN Distress:** "pressure or under stress"
- **Who was IN Debt:** "couldn't pay bills"
- **Who was IN Discontent:** "bitterness of soul due to being wronged"

B. **Clarification:** "A sense of personal powerlessness and a loss of meaning in and enthusiasm for life."
- Bible Dictionary

- **Storm:** "A dark situation"
- **Squall:** "A dismal struggle"
- **Season:** "A debilitating sorrow"

II. Deciphering Depression: Psalm 142

- A. **Clinical:** A biological/physiological Disruption
- B. **Circumstantial:** Sequence of events that are Damaging

III. Defeating Depression: Psalm 42-Psalm 43

A. **Traditional Response:** Behavior Modification

- **Superficial:**
- **Symptomatic:**

B. **Tactical Response:** Life Transformation

- **Reject Isolation:** God Sent People who can Relate (1 Sam. 22:2)
- **Receive the Invitation:** God Sent a Friend who can Reinforce (1 Sam. 23:16)
- **Recognize the Impossible:** God Sent His Son who can Resurrect (Job 19:25)