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# Key Notes

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Contrary to popular belief, talking to oneself is not a sign of insanity. In fact, when done correctly, it may be one of the smartest things you ever do. Consider Psalm 42. The writer is depressed. Things haven't worked out like he had hoped. He's in a deep, dark pit and doesn't know how to get out.

So, what does he do? Before seeing a therapist or taking medication, he talks to himself! He had to repeat the message three times before it finally got through (42:5, 11; 43:5).

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

Friend, if you are down, discouraged, and depressed this morning, let me encourage you to do what the psalmist did. Stand in front of a mirror and talk out loud to yourself.

**First, tell yourself the truth.** The psalmist did not soften reality or deny the truth about his condition. No, he boldly told himself the truth: *My soul is downcast within me (v. 6).*

Today, if you are depressed, don't pretend that you're not! Tell yourself the truth. Things are not going well and you feel lousy about it. You're discouraged and wonder why God hasn't answered your prayers. Frankly, life is the pits!

**Then, ask yourself a question.** After facing the truth about his situation, the psalmist asked himself a hard question: *Why are you down in the dumps, dear soul? Why are you crying the blues? (v. 5. The Message).*

Look yourself in the eye and ask yourself the true cause of your depression? You may squirm and want to run but don't let yourself off the hook until you've given an honest answer. Didn't get your way? Jealous of someone? Angry at God? Got your feelings hurt? Feel that life is unfair?..... *Why are you depressed?* Answering this question will not unlock the key to every depression but it will work wonders for many! Such honest self-talk helps to reveal the true state of your soul.

**Finally, preach yourself a sermon.** Now that you have your attention, preach! The psalmist's sermon to himself had three points. *Point 1 - put your hope in God (42:5). Point 2 - put your hope in God (42:11). Point 3 - put your hope in God (43:5).* Don't stop preaching until you have preached yourself under conviction. Then preach yourself out again. Such sermons break the cycle of self-pity and restore our focus where it needs to be... on God Almighty! No one who trusts in Him will ever be disappointed. You'll praise Him again... if not today... soon! Put your hope in God.

Friend, there is no better cure for depression than this! Try it. It worked for the psalmist. It will work for you.

Pastor Stan