

David Confronting Depression

1 Samuel 22:1-5

Psalms 142

**DEPRESSION CAN TAKE US TO
SOME VERY DARK PLACES.**

DEPRESSION CAN TAKE US TO SOME VERY DARK PLACES.

1 Samuel 20.¹ “What have I done? What is my crime? How have I wronged your father that he is trying to take my life? ...³ Yet as surely as the Lord lives and as you live, there is only a step between me and death.”

DEPRESSION CAN TAKE US TO SOME VERY DARK PLACES.

1 Samuel 21.¹⁰ David fled from Saul and went to Achish king of Gath ... ¹² was very much afraid of Achish. ¹³ So he pretended to be insane in their presence; and while he was in their hands he acted like a madman, making marks on the doors of the gate and letting saliva run down his beard.

DEPRESSION CAN TAKE US TO SOME VERY DARK PLACES.

*¹⁴ Achish said, “Look at the man!
He is insane! Why bring him to
me? ¹⁵ Am I so short of madmen
that you have to bring this fellow
here to carry on like this in front of
me? Must this man come into my
house.”*

**DEPRESSION CAN TAKE US TO
SOME VERY DARK PLACES.**

*1 Samuel 22:¹ David left Gath and
escaped to the cave of Adullam.*

GOD MEETS DAVID IN THE MIDST OF HIS DEPRESSION.

- *Vulnerability*

*Psalm 142:¹ I cry aloud to the
LORD; I lift up my voice to the
LORD for mercy.*

GOD MEETS DAVID IN THE MIDST OF HIS DEPRESSION.

- *Vulnerability*
- *Honesty*

² *I pour out my complaint before
him; before him I tell my trouble.*

GOD MEETS DAVID IN THE MIDST OF HIS DEPRESSION.

- *Vulnerability*
- *Honesty*

³ *When my spirit grows faint within
me it is you who know my way. In
the path where I walk men have
hidden a snare for me.*

GOD MEETS DAVID IN THE MIDST OF HIS DEPRESSION.

- *Vulnerability*
- *Honesty*
- *Trust*

*Psalm 56.⁸ You keep track of all my
sorrows. You have collected all my
tears in your bottle.*

GOD MEETS DAVID IN THE MIDST OF HIS DEPRESSION.

- *Vulnerability*
- *Honesty*
- *Trust*

*Psalm 57.² I cry out to God, Most
High, to God who will fulfill
his purpose for me.*

GOD MEETS DAVID IN THE MIDST OF HIS DEPRESSION.

- *Vulnerability*
- *Honesty*
- *Trust*
- *Dependence*

GOD MEETS DAVID IN THE MIDST OF HIS DEPRESSION.

Psalm 142 ⁴ *Look to my right and see; no one is concerned for me. I have no refuge; no one cares for my life.* ⁵ *I cry to you, O LORD; I say, “You are my refuge, my portion in the land of the living.”* ⁶ *Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me.*

GOD MEETS DAVID IN THE MIDST OF HIS DEPRESSION.

*1 Sam 22 When his brothers and
his father's household heard about
it, they went down to him there. ²
All those who were in distress or in
debt or discontented gathered
around him, and he became their
leader. About four hundred men
were with him.*

GOD MEETS DAVID IN THE MIDST OF HIS DEPRESSION.

- *Vulnerability*
- *Honesty*
- *Trust*
- *Dependence*
- *Courage*

GOD MEETS DAVID IN THE MIDST OF HIS DEPRESSION.

22 ³ From there David went to Mizpah in Moab and said to the king of Moab, “Would you let my father and mother come and stay with you until I learn what God will do for me?” ⁴ So he left them with the king of Moab, and they stayed with him as long as David was in the stronghold. ⁵ But the prophet Gad said to David, “Do not stay in the stronghold. Go into the land of Judah.”

WHEN DEPRESSION COMES, REMEMBER...

- *Life will be hard.*
- *Community will be a mess.*
- *Being sad is not the same as being depressed.*
- *Make time for Sabbath rest.*