

# MY EMERGENCY NUMBERS -Psalm 27:1

## I NEED ENCOURAGEMENT

1. How does this Psalm begin? (Psalm 27:1)
  - a. "The Lord is my \_\_\_\_\_ and my salvation; whom shall I fear?"
  - b. "The Lord is the \_\_\_\_\_ of my life."
2. How does this Psalm end? (Psalm 27:14)
  - a. "Wait on the Lord; Be of good courage.
  - b. "And He shall \_\_\_\_\_ your heart; wait on the Lord."
3. How do depressed people feel? Match the statement with the verse.
  - a. Everything seems dark. \_\_\_\_\_ Psalm 27:9
  - b. Weak & apathetic \_\_\_\_\_ Psalm 27:1
  - c. Everyone is against me \_\_\_\_\_ Psalm 27:1
  - d. I want to cry \_\_\_\_\_ Psalm 27:1
  - e. God is hiding from me \_\_\_\_\_ Psalm 27:7
  - f. I am alone \_\_\_\_\_ Psalm 27:2,3,6,12

*Wow! David knew about depression in his day.*

*May I suggest modern-day causes of depression (no, I'm no doctor).*

- a. **Life Events** - such as abuse in the home or upbringing, unemployment, loneliness (being alone or isolated).
- b. **Personal Factors** - family history & genetics, your personality, a possible serious medical illness, drug & alcohol abuse & use.
- c. **Changes in the brain** - things physically change in the brain

4. Many who are depressed feel that everyone is against them. So did David. What words did he use to prove this? Match to the verse.

- a. Wicked \_\_\_\_\_ Psalm 27:3
- b. Enemies \_\_\_\_\_ Psalm 27:3
- c. Army \_\_\_\_\_ Psalm 27:12
- d. War \_\_\_\_\_ Psalm 27:2
- e. False witnesses \_\_\_\_\_ Psalm 27:2,6,11,12

*Depression can really mess up our minds. It's like being locked inside ourselves. We are depressed and don't know it and we cannot change it.*

***BOTTOM LINE #1: Depression can be a chemical issue that only meds will help. I know! I take a pill to level my moods; some people need that.***

***BOTTOM LINE #2: Depression can be helped by changing our attitudes. I know! I have to readjust my attitudes on life; all people need that.***

5. Would it help in my attitude adjustment if I:

- a. \_\_\_Yes \_\_\_No Think that victory is possible? (Ps. 27:3,6)
- b. \_\_\_Yes \_\_\_No Try not to isolate yourself so much? (27:4,6)
- c. \_\_\_Yes \_\_\_No Admit that God is protecting you. (27:5)
- d. \_\_\_Yes \_\_\_No Ask God to give you a better view. (27:5)
- e. \_\_\_Yes \_\_\_No Pick a time each day to focus on God. (27:6)
- f. \_\_\_Yes \_\_\_No Honestly tell God how you feel. (27:9)
- g. \_\_\_Yes \_\_\_No Admit that God is caring for you. (27:10)
- 10. \_\_\_Yes \_\_\_No Say it! God has goodness planned for me. (27:13)

*All of these attitude adjustments are hard to do because we are trapped in a depression bubble. There is no victory for me; I want to be alone; no one cares for me; everyday's the same old crap; God doesn't care; my future is going nowhere. What's the use!!*

**TWO SUGGESTIONS:     **SEEK GOD.** (David said it 4 times - 27:4,7,8,14)**

**FIND A PERSON TO WALK WITH YOU.**