

PRAYING PSALM 38

“O Lord, do not rebuke me in Your wrath, nor chasten me in Your hot displeasure” (Psalm 38:1).

This is the third of David’s seven penitential psalms. 1. DAVID ATTRIBUTED HIS PAIN TO GOD (1-2). David’s depression was spiritual. It was caused by his sins connected with Bathsheba. David feared God’s anger. He knew His physical suffering was due to his sin and God was chastening him. He knew God was piercing his conscience. He experienced God pressing down on him. Depression is a condition of being pressed down. 2. DAVID ADMITTED THE SPIRITUAL CAUSE OF HIS DEPRESSION (3-5). He acknowledged that his sin brought the chastisement of God. He confessed his sin and admitted his foolishness. 3. DAVID REVEALED THE HOLISTIC EFFECT OF HIS DEPRESSION (6-8). It affected his emotions (6), his body (7), and his spirit (heart) (8, 10). 4. DAVID DISCUSSED THE SOCIAL EFFECTS OF HIS CONDITION (11-14). His friends and relatives were aloof. His enemies thought David’s depression justified their condemnation of him. 5. DAVID RESPONDED IN PRAYER TO CRITICISM (13-16). He remained silent to his critics. He placed his hope in the Lord. 6. DAVID PRAYED THROUGH HIS DEPRESSION (17-22). He poured out his sorrow. He confessed his sin. He saw his enemies in proper perspective. He asked the Lord not to forsake him. He asked the Lord to help him.

Spiritual depression is a consequence of guilt feelings due to sin. The body, soul, and spirit are affected. A spiritual cause requires a spiritual cure. Cure comes through the honest dealing with yourself before God. It might require the help of a counselor or a trusted person. Relief from spiritual depression comes through accepting responsibility for your sin, confessing your guilt to God, praying through your pain, and working through your feelings until the depression is gone. Stabilization requires continued prayer and meditation in the Word of God.