

Despondency

Day 1

Prayer: Psalm 62:5 “Lord, may my soul find rest in You alone, for my hope comes from You.”

Meditation: Read Psalm 42. Write out verse 11.

Observation: Despondency is defined as “depression of spirits from loss of hope, confidence, or courage.” What are some of the ways the author describes his despondency in this Psalm? What does the Psalmist tell himself to do in verses 5 & 11 to battle his despondency?

Application: Think of a time that you have felt like the Psalmist. How did you deal with the despondency? How can putting your hope in God help you battle those feelings?

Prayer: If you are currently struggling with feelings of despondency, begin listing the things you know to be true about God.

Day 2

Prayer: Psalm 16:8 “Lord, I will set You always before me. Because You are at my right hand I will not be shaken.”

Meditation: Read Psalm 73:21-28. Write out verse 26.

Observation: According to verse 26, what may fail? Where does the Psalmist's strength come from? What do you learn about God from this Psalm?

Application: Even though the author felt sad he kept returning to the truth of God's presence and strength in his life. What verse in this passage could help you focus on God and His presence in your life even in the midst of despondency?

Prayer: Ask God to help you remember that no matter what the circumstances or how you're feeling He is always with you.

Day 3

Prayer: Hebrews 5:8 “Lord, may I learn to obey You through the suffering I experience just like You did.”

Meditation: Read Matthew 26:36-44. Reread the passage two more times.

Observation: Who are the people in this passage? How was Jesus feeling? How did He deal with His sorrow?

Application: How does it help you to know that Jesus experienced emotions like you do? What can you learn from His example of handling strong emotions?

Prayer: Ask God to teach you how to battle your emotions of depression and despondency when they come.

Day 4

Prayer: Psalm 147:3 “Lord, thank You that You heal the brokenhearted and bind up their wounds.”

Meditation: Read Psalm 23. Write out verse 4.

Observation: List all the things this Psalm tells us God does for us. How could the Psalmist walk through the darkest valley and not fear evil?

Application: What are you currently experiencing in life that feels like a dark valley? What truths do you need to remember from this Psalm that will comfort you in the valley?

Prayer: Thank God that as your Shepherd He will never leave you alone.

Day 5

Prayer: Psalm 21:6 “Lord, thank You that You have given me eternal blessings, and You make me glad with the joy of Your presence.”

Meditation: Read Hebrews 12:1-3. Write out verse 2.

Observation: List all that we are encouraged to do in these verses. What do we learn about Jesus in these verses? What did Jesus do that enabled Him to endure the cross?

Application: How can considering what Jesus did help us to not grow weary and lose heart? Verse 2 tells us to fix our eyes on Jesus. If we do this then our eyes can't be on anyone or anything else. Where are your eyes? On your circumstances? On other people? On yourself? Or on Jesus?

Prayer: Ask God to forgive you for the times your eyes are not fixed on Him. Take some time to focus on Him and praise Him for all He's done for you.