



**Spiritual Warfare Gets Real
Dealing with Spiritual Depression
Psalm 42 & 43**

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Last time we were with David as he was dealing with the treachery and fallout of his son Absalom.

He was not the only one who was impacted. Ever wonder about those who were fleeing with him? The Ark of Covenant was in Jerusalem and David had assigned Levites to care for and conduct worship there just as he did at the Tabernacle. But some of those Levites fled with David and Psalms 42 & 43 were written by a group of them, worship song leaders, the sons of Korah.



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The sons of Korah “were a clan of Levites employed in the sacred music of the temple. They also kept the temple gates and were guardians of the ark of the covenant. This seems to explain their frequent expressions of devotion to the temple courts as the place where God’s face could be seen.” (Phillips 2019, 4)

For some of us, the name Korah is one we remember. The sons of Korah had a namesake who was one of the villains of the Old Testament.

During the exodus from Egypt, Korah led a rebellion of 250 leaders against Moses thinking they could all be priests. The Lord took a dim view of this and after telling Moses to have the camp of Israel move away from the tents of those involved in the rebellion.

Numbers 16:28–35

“Then Moses said, “This is how you will know that the LORD has sent me to do all these works, for I have not done them of my own will. **If these men die a natural death, or if they share the fate of all men, then the LORD has not sent me.** But if the LORD does something entirely new, and the earth opens its mouth and swallows them up along with all that they have, and they go down alive to the grave, then you will know that these men have despised the LORD!” **When he had finished speaking all these words, the ground that was under them split open, and the earth opened its mouth and swallowed them, along with their households, and all Korah’s men, and all their goods. They and all that they had went down alive into the pit, and the earth closed over them. So they perished from among the community.** All the Israelites who were around them fled at their cry, for they said, “What if the earth swallows us too?” Then a fire went out from the LORD and devoured the 250 men who offered incense.” (NET 2nd ed.)

And with that, you would also think the entire family of Korah was gone as well. That is not the case. We discover this fact a little later in the text.

Numbers 26:9–11

“Eliah’s descendants were Nemuel, Dathan, and Abiram. It was Dathan and Abiram who as leaders of the community rebelled against Moses and Aaron with the followers of Korah when they rebelled against the LORD. The earth opened its mouth and swallowed them and Korah at the time that company died, when the fire consumed 250 men. So they became a warning. **But the descendants of Korah did not die.**” (NET 2nd ed.)

The sons of Korah did not agree with the rebellion of their father, and they wound up serving the Lord as part of the Levitical administration of the Temple and worship. I see this and love the fact that it shows us that we are not held accountable for the sins of our parents. Yes, ungodly men and women can indeed have evil kids, but they can also give birth to Godly kids as well.

That would be tough to see your family history, the negative side of it in the Torah. But God in His grace used the sons of Korah for His glory, and we see that here in the psalms.

Most scholars look at Psalm 42 and 43 as a single unit and they might be.

Psalm 42:1–43:5

“As the deer pants for the water brooks, So my soul pants for You, God. My soul thirsts for God, for the living God; When shall I come and appear before God? My tears have been my food day and night, While they say to me all day long, “Where is your God?” I remember these things and pour out my soul within me. For I used to go over with the multitude and walk them to the house of God, With a voice of joy and thanksgiving, a multitude celebrating a festival. Why are you in despair, my soul? And why are you restless within me? Wait for God, for I will again praise Him For the help of His



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presence, my God. My soul is in despair within me; Therefore I remember You from the land of the Jordan And the peaks of Hermon, from Mount Mizar. Deep calls to deep at the sound of Your waterfalls; All Your breakers and Your waves have passed over me. The LORD will send His goodness in the daytime; And His song will be with me in the night, A prayer to the God of my life. I will say to God my rock, **“Why have You forgotten me? Why do I go about mourning because of the oppression of the enemy?”** As a shattering of my bones, my adversaries taunt me, While they say to me all day long, **“Where is your God?”** Why are you in despair, my soul? And why are you restless within me? Wait for God, for I will again praise Him For the help of His presence, my God. Vindicate me, God, and plead my case against an ungodly nation; Save me from the deceitful and unjust person! For You are the God of my strength; why have You rejected me? Why do I go about mourning because of the oppression of the enemy? Send out Your light and Your truth, they shall lead me; They shall bring me to Your holy hill And to Your dwelling places. Then I will go to the altar of God, To God my exceeding joy; And I will praise You on the lyre, God, my God. Why are you in despair, my soul? And why are you restless within me? Wait for God, for I will again praise Him For the help of His presence, my God.” (NASB 2020)

We will look at these two psalms as a unit.

As we examine the first two verses, the sons of Korah are running with David and from the escape route, looking back towards the place where the Ark is located, their heart is truly broken. Worship is their life and the treachery of Absalom has now stolen that from them. Sin does that, it steals our joy and removes us from the place our heart wants to be, worshipping the Lord and just resting in His glory.

That is what Satan wants to do, steal our joy in the Lord. How do you and I react when we are unable to spend time with the Lord like we normally do? I know I have this come up from time to time and I have never really enjoyed a day that does not start off with my normal time with the Lord in His word. It just does not seem the same.

For the sons of Korah, the picture they bring up, as they are looking back at the place of worship, is one of agonizing thirst. As New Testament believers, we know that the Holy Spirit is in each of us and we can still be in communication with Him no matter where we are. But if events conspire against us, and there are times Satan makes sure they do, and we do not spend time with the Lord, we thirst.

The picture provided by the sons of Korah is that of a strong audible thirsting or panting for water, no different than the heart of a follower or Jesus who is drifting.

Back in ancient history when I played football, believe it or not, we were not allowed to drink water during practice, and it was deeply frowned on during the game as well. That changed as researchers from Florida began showing how this was causing serious injury for many and hydration became the norm. By the time I was in college, things were already changing and it became important, not only during practice but also in competition to be hydrated.

When football practice ended, we ran to the water fountains. There were not enough of them. Garden hoses left out and running became targets as well as fountains in the halls of the classrooms. I remember drinking and drinking and drinking more. Showering and then drinking some more. And then getting home and drinking almost up to the time for bed and I also remember not having to get up during the evening as well. Water is pretty primal for all of us since our cells must have it to operate well. I required troops working in the desert environment of Kuwait to drink 2 liters of water per hour if they were outside. If you don't drink, eventually, you fall over, lose consciousness and die.

Welcome to what our relationship with the Lord should be. As followers of Jesus Christ, life without the life-giving water of the Spirit is impossible. This living water is so important to us, that Jesus said as we



follow Him, we drink what He provides and not only is our thirst handled, but we also become reservoirs of gushing living water to all of those around us. He is the source.

That is what living in the Spirit is to be characterized by. We are invited to the source and that source, the place the Spirit is at, is what the sons of Korah have just been cut off from. They were cut off due to politics. But Jesus promised source access to those who follow Him.

The way He did this He announced on the 8th day of the Feast of Tabernacles, a special last day. At the time of the morning sacrifice, timed correctly, is the water libation and on this day, the people were allowed in to witness the water brought up from the Pool of Siloam being poured onto the altar.

In Judaism, the pouring out of the water was a symbol of the outpouring of the Holy Spirit in the last days. The rabbis taught that, in the last days, there will be an outpouring of the Holy Spirit upon Israel before the Messiah comes. (Fruchtenbaum 1983, 14-15)

And today, at the climax, as the water is being poured out and the people are crying "Lord, Save Us," and the shofars blast out, there is a response. Messiah is indeed in the house, and He takes the stand in order to be seen and heard by the thousands gathered there.

It was then, immediately after the symbolic rite of water-pouring, immediately after the people had responded by repeating those lines from Psalm 118.—given thanks, and prayed that Jehovah would send salvation and prosperity, and had shaken their Lulab (ceremonial tree branches) towards the altar, thus praising 'with heart, and mouth, and hands,' and then silence had fallen upon them—that there rose, so loud as to be heard throughout the Temple, the Voice of Jesus. He interrupted not the services, for they had for the moment ceased: He interpreted, and He fulfilled them. (Edersheim 1896, 160)

He is the one that Zechariah said would rebuild the Temple at the end of the Tribulation, the same Temple that Ezekiel tells us will have water gushing forth from it (Ezekiel 47) turning into a river less than a mile away heading towards the east. He is the one that will indeed fill His people with the Holy Spirit fulfilling another promise in Zechariah.

Here He is, and He is saying this can all happen now!

John 7:37–39

"On the last day, the climax of the festival, Jesus stood and shouted to the crowds, "Anyone who is thirsty may come to me! Anyone who believes in me may come and drink! For the Scriptures declare, 'Rivers of living water will flow from his heart.' " (When he said "living water," he was speaking of the Spirit, who would be given to everyone believing in him. But the Spirit had not yet been given, because Jesus had not yet entered into his glory.)" (NLT)

This is a personal invitation from Messiah. He is calling for the people to recognize their spiritual thirst.

They have been crying out Lord save us, and here He is saying come to me, come to the source of what you are looking for.

He is the true Water of life. Jesus' timing was perfect. The people were thinking about God's miraculous provision of water in the wilderness. They have been living and camping outdoors in order to identify with those who came through the wilderness. Just as God would satisfy their thirst, Jesus would satisfy the spiritual thirst of any and all who come to Him. And for all who do, the promise given in Zechariah and Ezekiel of the pouring out of the Holy Spirit, indeed a new covenant, was soon to be for all.



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The sons of Korah have now been cut off of that lifeline of the Holy Spirit, or so they believe and they are in despair, they are pushing towards spiritual depression.

What we learn here in this psalm is there are indeed those times where our spirit, our soul is not well and we have only one thing on our mind, our need for living water, the Holy Spirit to be once again pouring out from us as we are refreshed by His presence.

Dryness in the Spirit, we are not doing well. Isolating ourselves away from other believers and sitting on our pity pots feeling sorry for ourselves, as Satan would want us to do, we are not doing well.

Doing well means longing for the Holy Spirit to once again be gushing from us, filling us and enabling us in all that we are doing for Him. It means returning to life Spirit filled and Spirit led.

As they leave, they are also leaving the assembly, worship and corporate worship, all in the presence of the Ark, the presence of God there at the Ark. No fellowship, no praise, no singing. This hits and hits hard. "Those seasons of spiritual isolation, without corporate worship, most often lead to spiritual dryness. And those seasons of spiritual dryness affect our souls." (Smith and Akin 2022, 306)

We learn from the Bible, in these last days, many do not seem to thirst at all. This is the last days church of Laodicea.

Revelation 3:14–22

“Write this letter to the angel of the church in Laodicea. This is the message from the one who is the Amen—the faithful and true witness, the beginning of God’s new creation: **I know all the things you do, that you are neither hot nor cold. I wish that you were one or the other! But since you are like lukewarm water, neither hot nor cold, I will spit you out of my mouth!** You say, ‘I am rich. I have everything I want. I don’t need a thing!’ And you don’t realize that you are wretched and miserable and poor and blind and naked. So I advise you to buy gold from me—gold that has been purified by fire. Then you will be rich. Also buy white garments from me so you will not be shamed by your nakedness, and ointment for your eyes so you will be able to see. I correct and discipline everyone I love. So be diligent and turn from your indifference. Look! I stand at the door and knock. If you hear my voice and open the door, I will come in, and we will share a meal together as friends. Those who are victorious will sit with me on my throne, just as I was victorious and sat with my Father on his throne. Anyone with ears to hear must listen to the Spirit and understand what he is saying to the churches.” (NLT)

Due to the lies and deception of the devil, who has deluded many so-called pastors to no longer teach the word but teach feel good philosophy, hundreds of thousands just in our nation, have been blinded to the truth.

There is no thirst in the Laodicean church because they truly believe they are ok. But they are not.

Jesus is standing at their door right now, He is about to reenter time and remove His church from this planet and all of those who think they are saved, but do not thirst for and desire the Holy Spirit, because they have come to the one who is the source, will be left behind.

The message here in Psalm 42 is one for those who know the Lord. We truly know when we are separated from the source of life due to something in our life grieving the Holy Spirit and just as the sons of Korah related, we thirst for a return to that.

"The point is, our souls are not always well, and there can be many understandable and legitimate reasons for this. Life is hard, and things often pile up and snowball on us. A war is being waged for our



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souls (1 Pet 2:11), and these psalms remind us that we are not alone in seasons of spiritual depression. But the most helpful part of these psalms is the reality that we don't have to passively accept it; we can aggressively deal with it." (Smith and Akin 2022, 306)

Fortunately, the sons of Korah do not stop there. They continue with what we as believers find we must do to remain Spirit filled, to have a satisfied and water gushing soul.

Psalm 42:3–4

"My tears have been my food day and night, While they say to me all day long, "Where is your God?" I remember these things and pour out my soul within me. For I used to go over with the multitude and walk them to the house of God, With a voice of joy and thanksgiving, a multitude celebrating a festival." (NASB 2020)

If we find ourselves longing for a return to that relationship we once had with the Lord and the day to day being led by the Holy Spirit seemed so real and powerful, the first point is to remember. In other words, stop and ask ourselves, when did things change, why did things change.

Yes, there are indeed those outward pressures that impact us everyday and if we allow them to, Satan's intent is to use the day-to-day grind to bring us down. We forget we are in a war, and we decide to take some time off, but Satan never takes any time off. IT is okay to stop and ask why you feel the way you do since you feel beat down. Worship and time with the Lord will correct that and a reminder, we really do have God in the person of the Holy Spirit with us all of the time (John 14:16).

As we stop and recall what brought us here, it could be our own sin did this. God has not forgotten us, but we have returned to our rebellion and grieved the Holy Spirit (Ephesians 4:30).

Ephesians 4:30–5:6

"And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you. Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving. For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ and God. Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience." (ESV)

As we remember, and discover we have grieved Him, and yes, false teachers are indeed out there today telling you you're just fine when you aren't. The only solution is to repent and return.

1 John 1:9

"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." (ESV)

And just like that, we are back in fellowship and have removed the block to the Holy Spirit empowering and filling us.

As we examine ourselves, no matter what we discover the cause is, external or internal, we find that it is indeed a struggle, thanks for the reminder, Paul (Ephesians 6:12), and with His help, we fight for our souls to be fully satisfied by fully following the Lord.



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I have counseled those who have gone into self-pity mode, and they are now exactly where the enemy wants them. I have found this helps.

Romans 8:28–32

“And we know that all things work together for good for those who love God, who are called according to his purpose, because those whom he foreknew he also predestined to be conformed to the image of his Son, that his Son would be the firstborn among many brothers and sisters. And those he predestined, he also called; and those he called, he also justified; and those he justified, he also glorified. What then shall we say about these things? **If God is for us, who can be against us? Indeed, he who did not spare his own Son, but gave him up for us all—how will he not also, along with him, freely give us all things?**” (NET 2nd ed.)

You and I cannot bootstrap ourselves up and get back to where we were in the Lord without the Holy Spirit doing the work in us to do so.

Psalm 42:4

“I remember these things and pour out my soul within me. For I used to go over with the multitude and walk them to the house of God, With a voice of joy and thanksgiving, a multitude celebrating a festival.” (NASB 2020)

Prayer? Yep, a serious key to maintaining spiritual health.

Is it okay to talk to yourself while this is going on? The sons of Korah did, David did. And they sought the Lord. There is a fine difference between talking to and listening to yourself.

Psalm 42:5

“Why are you in despair, my soul? And why are you restless within me? Wait for God, for I will again praise Him For the help of His presence, my God.” (NASB 2020)

Martyn Lloyd Jones discusses this old man spiritual man issue further, *“I suggest that the main trouble in this whole matter of spiritual depression in a sense is this, that we allow our self to talk to us instead of talking to our self...You have to take yourself in hand, you have to address yourself, preach to yourself, question yourself. You must say to your soul: ‘Why art thou cast down?’—what business have you to be disquieted? You must turn on yourself, upbraid yourself, condemn yourself, exhort yourself, and say to yourself: ‘Hope thou in God’—instead of muttering in this depressed, unhappy way. And then you must go on to remind yourself of God, Who God is, and what God is and what God has done, and what God has pledged Himself to do. Then having done that, end on this great note: defy yourself, and defy other people, and defy the devil and the whole world, and say with this man: ‘I shall yet praise Him for the help of His countenance, who is also the health of my countenance and my God’. The essence of this matter is to understand that this self of ours, this other man within us, has got to be handled. Do not listen to him; turn on him; speak to him; condemn him; upbraid him; exhort him; encourage him; remind him of what you know, instead of listening placidly to him and allowing him to drag you down and depress you. For that is what he will always do if you allow him to be in control. The devil takes hold of self and uses it in order to depress us.”* (Lloyd-Jones 2016)

Welcome to what being a living sacrifice truly means.

Romans 12:1–2

“Therefore I exhort you, brothers and sisters, by the mercies of God, to **present your bodies as a sacrifice—alive, holy, and pleasing to God—which is your reasonable service. Do not be conformed to this present world, but be transformed by the renewing of your mind, so that you**



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may test and approve what is the will of God—what is good and well-pleasing and perfect.” (NET 2nd ed.)

And what we just discussed is the transforming and renewing part of that. It is easy to read the following and say affirmative things about it. But doing it?

Philippians 4:6–7

“Do not be anxious about anything. Instead, in every situation, through prayer and petition with thanksgiving, tell your requests to God. And the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.” (NET 2nd ed.)

What we are learning from the sons of Korah is soul care while waiting on the Lord. How do we take care of ourselves and yet continue to wait, because there are those times where we do indeed wait for Him and His perfect answer, but we are impatient and Satan begins to whisper and challenge, and we find ourselves wanting to know where God is in all of this. And then we come back to remember.

The last half of verse 5 lets us know that as we wait, as we reflect, as we consider and allow the Holy Spirit to do what He always does while we wait on Him, we are also looking forward to the response and the praise of Him and His presence with us. By the way, unlike the sons of Korah who tied that into the Ark, they were learning a lesson David already knew, God is not limited to a location. We know He is always with us. Always.

We know there is praise on the other side, there always is.

Psalm 42:6–8

“My soul is in despair within me; Therefore I remember You from the land of the Jordan And the peaks of Hermon, from Mount Mizar. Deep calls to deep at the sound of Your waterfalls; All Your breakers and Your waves have passed over me. The LORD will send His goodness in the daytime; And His song will be with me in the night, A prayer to the God of my life.” (NASB 2020)

The authors of this psalm are traveling, and we follow along with them and David as they are running from Absalom. Their soul is in despair, of course it is, their world has been turned upside down, yet God is still on the throne. There are reconciling that in their soul right now.

We do the same as events take place in our lives, in our world. Many are upsetting and send us to the word wanting to know why? And yet, as we do so, we too realize that God is still on the throne no matter what.

There was this idea of cosmic geography at the time that would be in their minds. David even expressed his depression over this earlier in his life when he was on the lam from Saul. We see this in the second event where he spared Saul’s life in the wilderness and demonstrated it by taking a spear and a jug of water from Saul’s side.

1 Samuel 26:19–20

“Now therefore let my lord the king hear the words of his servant. If it is the LORD who has stirred you up against me, may he accept an offering, but if it is men, may they be cursed before the LORD, for they have driven me out this day that I should have no share in the heritage of the LORD, saying, ‘Go, serve other gods.’ **Now therefore, let not my blood fall to the earth away from the presence of the LORD, for the king of Israel has come out to seek a single flea like one who hunts a partridge in the mountains.”** (ESV)



Is David ignorant of the fact that the God who made heaven and earth can be anywhere? No. In David's mind, being driven outside Israel meant not being able to worship Yahweh. Note that he does not complain of being driven from the Ark of the Covenant, located at Kiriath Jearim (1 Sam 7:2), or from the Tabernacle, apparently located at Nob (1 Sam 21–22). His complaint is being expelled from the "inheritance" of Yahweh—the holy land of his God. David can't worship as he should if he is not on holy ground. The lands outside Israel belong to other gods. (Heiser 2025, 143)

So, now they are no longer in the land given to Israel, they are running for their life and we see geographically they are headed east and north. They are now in exile and as they hear the Jordan waters tumbling such as at the waterfall at Banyas, they see the waves at the foot of the falls and once again reflect on where they are with the Lord.

Their minds are beginning to wander from the living water that only God gives from verses 1 & 2 and they are now beginning to look at the situation they are in. We do the same and just as they are experiencing something new, many times that is also when we confront this.

Later, a prophet by the name of Jonah will make a similar prayer.

Jonah 2:3

"For you cast me into the deep, into the heart of the seas, and the flood surrounded me; all your waves and your billows passed over me." (ESV)

The idea is a feeling of judgment and destruction has come upon them. This will come again as the remnant turn to the Lord at the end of the Great Tribulation.

But the overwhelming flood of water there at the headwaters of the Jordan only remind them of who they seek, the Lord.

Psalm 42:8

"The LORD will send His goodness in the daytime; And His song will be with me in the night, A prayer to the God of my life." (NASB 2020)

In exile, in distress, the water has reminded the authors of the psalm of who they trust in. "In the daytime God commands his steadfast love (chéSED); at night time he gives a song, that is turned into a prayer." (Harman 2011, 353)

This is faith and trust in the Lord, one which Isaiah will also speak of.

Isaiah 26:3–4

"You, LORD, give perfect peace to those who keep their purpose firm and put their trust in you. Trust in the LORD for ever; he will always protect us." (GNB)

As we look and examine ourselves, desiring to get back to that place of the living water gushing from us and leading us, we are also brought from the turmoil of being in exile from Him due to the world or due to our own sin, and as we repent and return to Him, we discover His goodness has never truly left us and now we are once again able to enjoy His peace to the degree that at night, rather than turmoil and sleepless nights, His song floods us. He is the God of our life.

Psalm 42:9–10

"I will say to God my rock, "Why have You forgotten me? Why do I go about mourning because of the oppression of the enemy?" As a shattering of my bones, my adversaries taunt me, While they say to me all day long, "Where is your God?"" (NASB 2020)



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In the middle of a trial, we too at times ask the same question, after we ask why. We feel as if God has forgotten all about us and that is a thought that Satan will indeed try and nurse into something larger, like rebellion and sin. He will try and convince us that God has left us.

Paul, who had his share of trials, reminds us of this fact.

2 Timothy 1:12–14

“Because of this, in fact, I suffer as I do. But I am not ashamed, because **I know the one in whom my faith is set and I am convinced that he is able to protect what has been entrusted to me until that day. Hold to the standard of sound words that you heard from me and do so with the faith and love that are in Christ Jesus. Protect that good thing entrusted to you, through the Holy Spirit who lives within us.**” (NET 2nd ed.)

It is indeed easy though, in the middle of the trial to listen to others who are not so much encouraging us to hang in there, but to emotionally give up.

As David retreated from Jerusalem, he heard that more than once. The authors of this psalm are with him, and they hear it as well. It was bone shattering in term of its impact on them emotionally.

The world loves to do that, poke at believers in crisis saying where is your God now? That is not a new thing as they are picking it up from who they follow, our true enemy, Satan.

Reality though for the believer is not what the voices want us to believe. Again, review, who are we waiting for?

This can also be a prophetic picture being given to us as well. The picture here in Psalm 42 and 43 is that of the nation of Israel running for their lives at the mid-point of the Great Tribulation with the Beast shows up and says worship me and sets his image up in the Temple.

The experience being encountered by David, and now by those traveling with him and giving us their perspective, the perspective of the remnant traveling along with David, is the perspective of Israel as they head for the hills as the Abomination of Desolation takes place in real time.

Psalm 42:11–43:2

“Why are you in despair, my soul? And why are you restless within me? Wait for God, for I will again praise Him For the help of His presence, my God. Vindicate me, God, and plead my case against an ungodly nation; Save me from the deceitful and unjust person! For You are the God of my strength; why have You rejected me? Why do I go about mourning because of the oppression of the enemy?” (NASB 2020)

There is no need to despair when we see the truth of who we are following. There is no need for us to lose our peace, even though many of us do, as we encounter trials. We will indeed praise again because He has never left us.

He demonstrates that by three things we see here in verse 1, He will vindicate us, He pleads our case defending us and He is the one who delivers and saves us. The sons of Korah have fled with David, and they want to have their name restored along with David's as they return back to Jerusalem. They know that will be a reality for them.

David knew God would be faithful and bring him back, and this was an infectious faith. But while on the run, they too would be colored with the same brush that Absalom was using on his dad.



They look forward to the day of return, just as Israel will at the end of the age.

Ever get accused of something you did not do? Many of us have been there, I have also accused of things I did indeed do. I remember getting caught holding a cookie by my mother after I was told to wait until it was time to eat. The cookie called out to me though so I took it and before I could remove the evidence, I got caught. And when asked about the cookie in my hand, I did indeed say, "what cookie." Once again proving that we all have a sin nature.

But being accused of something or gas lit about something you never did, that becomes a bit overpowering. Deceitful people, basically anyone who is not following Jesus, will indeed exercise their freewill and accuse believers of many things we have never done.

As we can tell here in this psalm, that isn't new. Here, the sons of Korah remind the Lord they are relying on Him. "In view of the covenant relationship the psalmist has with God he can expect to be sustained and helped so his questions are entirely appropriate. Why has God 'cast me off' in that justice is not being done? Why is he walking about in mourning clothes because the enemy is allowed to prevail? (see Psalm 42:9)." (Eveson 2014-2015, 276)

This is not that different from what David reflected in the psalms we have reviewed up to this point. Just as David has a relationship with the Lord, so did the sons of Korah and they are looking towards that relationship and now learning the same hard lessons David had to learn.

We have the same privilege as well with trials. The temptation is to rely on self and begin to worry, but as we have been discussing, that is not where we should be going. We are to be looking towards the Lord and what He has promised as well as the future He has for us in Him.

Psalm 43:3-5

"Send out Your light and Your truth, they shall lead me; They shall bring me to Your holy hill And to Your dwelling places. Then I will go to the altar of God, To God my exceeding joy; And I will praise You on the lyre, God, my God. Why are you in despair, my soul? And why are you restless within me? Wait for God, for I will again praise Him For the help of His presence, my God." (NASB 2020)

How do we beat spiritual depression? God's light and truth. Understanding that God is not only in control of the outward pressures we get daily from the world, but He, if we allow the Holy Spirit rule and reign in our lives, can and will control the ones we bring on ourselves internally.

As they fled with David, they were honest with the Lord and with themselves. "Why are you in despair, my soul?" When we get down, there are those times where it seems like we cannot see out of the hole we are in. It is dark, it is dismal and the enemy would love nothing more than for us to stay there and become frozen in depression. But the key to getting out is asking the same question that we saw in Psalm 42:5, why am I here? The root cause, self-pity. We need to once again, question ourselves, and ask the Lord, how did I get here? In other words, honesty with the Lord and letting Him know, Lord, help, I am depressed. We have a promise from God.

Psalm 86:6-7

"Listen, LORD, to my prayer; And give Your attention to the sound of my pleading! **On the day of my trouble I will call upon You, For You will answer me.**" (NASB 2020)

Ask Him for help. Be honest about the pain and then remember. This is why I tell folks to keep a prayer notebook of those things they ask the Lord about when they hit a section of scripture tough to understand. First you remind the Lord that He promised to teach us all things.



John 14:26

“But the Helper, the Holy Spirit whom the Father will send in My name, **He will teach you all things, and remind you of all that I said to you.**” (NASB 2020)

In your notebook, note the section of scripture you have a question about and the date that you reminded the Lord of His promise to teach us all things. As the author, when He says that, He is basically telling us if we have a question about His word, ask Him about that.

Thank Him for the answer and then start looking for it. He answers my questions when I least expect it. I suspect He will do the same for you.

I was struggling with the first couple of verse of Psalm 42 and asked the Lord about it. He gave me a dream and not an issue any longer.

That is how much God loves us, He wants us to know His word and He promises to teach us all things.

Praise Him in advance, for the question and for lifting us out of spiritual depression. Because He will do that as well. We see the sons of Korah already looking forward to the answer and being back in Jerusalem and out of their funk.

Psalm 43:5

“Why are you in despair, my soul? And why are you restless within me? **Wait for God, for I will again praise Him For the help of His presence, my God.**” (NASB 2020)

Getting rid of spiritual depression, and that is what depression is since it is spiritual warfare, per what we see here in Psalm 42 & 43 involves three steps from what I can tell. I am a pastor and no expert by far on this, but the scriptures seem to be pointing to first admit you are depressed, secondly, ask God for help, and finally, begin to praise Him even before help has arrived. Let's pray.

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