



**Psalm 88: A Familiar Feeling**  
**Part 1**  
*A Man of Sorrow*

Do you think the psalms are \_\_\_\_\_ to your life in the 21st century?

**Familiar Feelings?**

1. Have you ever cried out to God day, after day, after day that he would \_\_\_\_\_ you from something?
2. Have you ever felt so \_\_\_\_\_ that you literally felt drained physically.
3. You feel like God has \_\_\_\_\_ you.

**Feelings of depression**

1. \_\_\_\_\_
2. \_\_\_\_\_ darkness
3. "A howling \_\_\_\_\_ in the brain.

**"But for all intents and purposes, the deeply depressed are just the walking, waking dead."**

**"I could weep by the hour like a child, and yet I knew not what I wept for."**

**- Charles Spurgeon**

**Bottom Line Truth**

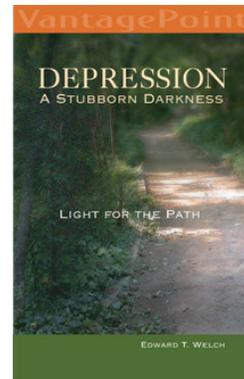
Sufferings, tribulations, trials, and testing \_\_\_\_\_.

**Psalm 88**

**10 LORD, the God who saves me, day and night I cry out before you. 2 May my prayer come before you; turn your ear to my cry. 3 For my soul is full of trouble and my life draws near the grave. 4 I am counted among those who go down to the pit; I am like a man without strength. 5 I am set apart with the dead, like the slain who**

**lie in the grave, whom you remember no more, who are cut off from your care. 6 You have put me in the lowest pit, in the darkest depths. 7 Your wrath lies heavily upon me; you have overwhelmed me with all your waves. Selah 8 You have taken from me my closest friends and have made me repulsive to them. I am confined and cannot escape; 9 my eyes are dim with grief. I call to you, O LORD, every day; I spread out my hands to you. 10 Do you show your wonders to the dead? Do those who are dead rise up and praise you? Selah 11 Is your love declared in the grave, your faithfulness in Destruction? 12 Are your wonders known in the place of darkness, or your righteous deeds in the land of oblivion? 13 But I cry to you for help, O LORD; in the morning my prayer comes before you. 14 Why, O LORD, do you reject me and hide your face from me? 15 From my youth I have been afflicted and close to death; I have suffered your terrors and am in despair. 16 Your wrath has swept over me; your terrors have destroyed me. 17 All day long they surround me like a flood; they have completely engulfed me. 18 You have taken my companions and loved ones from me; the darkness is my closest friend.**

*"You don't base life on the facts, but on your \_\_\_\_\_ of the facts."*



***Depression: A Stubborn Darkness***  
***By Ed Welch***

*Jesus draw me ever nearer As I labor through the storm. You have called me to this passage, and I'll follow, though I'm worn. May this journey bring a blessing, May I rise on wings of faith; And at the end of my heart's testing, With Your likeness let me wake. Jesus guide me through the tempest; Keep my spirit staid and sure. When the midnight meets the morning, Let me love You even more. Let the treasures of the trial Form within me as I go - And at the end of this long passage, Let me leave them at Your throne.* -Getty Music