

# TakeNote

Pastor Brian Howard—

July 23–24, 2022

## Why My Soul Are You So Downcast?

—Psalm 42:1–11

*Part 7 of a series from the Book of Psalms titled: “It’s OK to Not Be OK”*

Emotions are a gift

Emotions are good

Emotions are not God

Sadness is a normal part of faith

Sadness is a healthy part of faith

Not all sadness is depression

Depression is both a physical and spiritual experience

Healing from depression requires physical and spiritual solutions

Healing from depression happens in relationship

Internal conflict between how we wish we would feel and how we actually feel is a normal part of faith

God loves those struggling with depression

God will never leave those struggling with depression

### **The Four Tactics of the Enemy**

1. Deception: the battle for your mind
2. Discouragement: the battle for your heart
3. Temptation: the battle for your strength
4. Accusation: the battle for your soul

The reason life often feels like a battle is because it is

*(Notes)*

It's not always going to be like this

Faith means learning to worship in the waiting