

## **“What to do...When We’re Discouraged or Depressed”**

**Psalm 42 and 43**

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When discouraged or depressed...

1. Be honest with yourself, God and others. (Psalm 42:3,7,9,10 and 43:1, 2.)
  
2. Put your hope in God. (Psalm 42:5, 11 and 43:5)
  
3. Thirst for the living God. (Psalm 42:1, 2)

“My people have committed two sins: They have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water.”

-Jeremiah 2:13