Hello Valley Heights Ladies! Reviewing our January 10th Bible Study!

 A study back in 2006 states that 31 million people in the U.S.A are depressed and are on meds. These statistics have doubled since 1997. People are desperately looking for solutions to their depression. Many believers in Jesus Christ can experience these kinds of emotions and many situations can trigger feelings of depression or discouragement. The critical question as a believer in Jesus Christ is; ‘What am I to do when ‘feeling’ depressed? Where am I to turn? We will find that there are astonishing answers in Psalm 119:25-32!

A quick look at ‘DALETH’ – Psalm 119:25-32 -*The Word of God* ***DELIVERS us from DEPRESSION***!

We began to see some of the struggles that began to unfold in the Psalmist’s life a few weeks ago in our study of ‘Gimel.’ WITHOUT A DOUBT in the midst of his difficult circumstances and pain, the Psalmist’s confidence, counsel and delight are in ***GOD’S WORD***! He says, “Your testimonies also are my delight; They are my counselors Ps.119:24 (lit. –‘the men of my counsel’) One wrote, “Those that would have God’s testimonies to be their delight MUST take them for their counselors and be advised by them.”

Is the Word of God your **d**elight ladies when you are despairing, defeated, discouraged, doubting or depressed? Do you deviate from the Word of God? *Or* Do you **d**iligently **d**etermine to run to the Word of God and **d**elight to **d**well on Him?

Even though the Psalmist’s comfort and confidence is in the Word of God, he continues to battle with roller coaster emotions in ‘Daleth.’ The trial he is experiencing is never ending. It is relentless, painful and emotionally draining. Let’s SEE what the Psalmist centers his ‘thinking’ on! Let’s SEE what the Psalmist is focused on; his feelings? His emotions? His circumstances? His family’s ‘mental’ history? What defines him? What directs him?

Psalm 119:25a- The Psalmist is **Depressed**- “My soul cleaves to the dust”

Psalm 119:25b-The Psalmist **Displays** ***Trust*** and cries out- “Revive me according to *Your word*.”

Psalm 119:26a-The Psalmist **Describes** his struggles and sin- “I have told of my ways…”

Psalm 119:26b- The Psalmist is humbly and prayerfully **Dependent**- “Teach me *Your statutes*”

Psalm 119:27a- The Psalmist is **Devoted**- “Make me understand the way of *Your precepts*”

Psalm 119:27b- The Psalmist **Determines** what he will think on “So I WILL meditate on *Your wonders*”

Psalm 119:28a- The Psalmist is **Despairing again** - “My soul weeps because of grief”

Psalm 119:28b- The Psalmist **Displays** ***perseverance***- “Strengthen me according to *Your word*.”

Psalm 119:29a- The Psalmist prays **‘Deal with my heart’**- “Remove the false way from me” ‘Purge me in the midst of this trial from going in a direction that would bring harm towards my testimony for you God and Your Word.’

Psalm 119:29b- The Psalmist **Desires** greater conformity to God’s Word. Desiring relief ONLY from the sanctifying power of God’s Word that will shape his attitudes, character and conduct-“And graciously grant me *Your Law*”

Psalm 119:30a- The Psalmist has **Direction**- ***“I have chosen the faithful way”***

Palm119:30b- The Psalmist **Decides** to put God’s Word right in front of him in the midst of his darkness- “I have placed *Your ordinances* before me.”

Psalm 119:31a- The Psalmist is **Devoted** and now‘glued’ to God’s standards- “I cling to *Your* *testimonies*”

Psalm 119:31b- The Psalmist therefore asks for **Deliverance**- “O LORD, do not put me to shame” (“Oh Lord, I would be put to shame if I did all this in my own strength and power.”)

Psalm 119:32a- The Psalmist has **Determination and purposes to press forward**- “I shall run the way of *Your commandments*”

Psalm 119:32b- The Psalmist **Delights** in knowing that God WILL open his soul wide with joy to His instructions and give him an incredible capacity to carry out God’s will for his life- “For ***YOU*** will enlarge my heart.”

Ladies, I left out one part of this beautiful hope filled portion of scripture above--- from vs.26. Did you catch it? Vs. 26 continues with the words, “***and You have answered me***.” God is faithful! He is our deliverer! God answers our prayers!! Did you *SEE* ladies what and who the Psalmist is focused on? God *WILL* meet us in the dust and cause us to get up and continue running the race, “fixing our eyes on JESUS…” (Heb.12:1,2)

God is FAITHFUL! Deuteronomy 32:4 says, “The Rock! His Work is perfect, For ALL HIS WAYS are just; A God of FAITHFULNESS and without injustice; Righteous and upright is He”

God is our DELIVERER! Psalm 34:19 says, “Many are the afflictions of the righteous, BUT the LORD delivers him out of them all.”

 God ANSWERS our prayers! Psalm 107:19,20 says, “Then they cried out to the LORD in their trouble; He saved them out of their distresses. He sent HIS WORD and healed them, and delivered them from their destructions.”

God is our TEACHER and COUNSELOR! Psalm 32:8 says, “I will instruct you and teach you in the way which you should go; I will counsel you with My eye upon you.”

 Ladies, we can SEEK Christ, we must SEEK Christ when we’re down! Psalm 16:8 says, “I have set the LORD *continually* before me; Because HE IS at my right hand, *I WILL NOT* be shaken.” Trials should drive us to a deeper pursuit of God! We need the life changing truths from God’s Word to get us out of the pit! We need to run the race with perseverance! We need the Holy Spirit to divinely intervene and help us! We need to talk to ourselves Psalm 42:5-11 instead of listen to ourselves! We need to have a high and holy view of God and HOPE in Him! We need to draw on His glorious grace! We see the Psalmist:

Discover Victory in God’s Word!

Go from Dust to Determination!

Go from Defeat to Desire!

Even though the Psalmist’s emotions change and are up and down, he clearly secures, stabilizes and strengthens himself with the Word of God-which NEVER changes! He is focused on and chooses to go the *faithful way!*

***Hebrews 12:3 says, “For consider Him, who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.”***

Blessings,

Christyn

Our next study will be Tuesday, January 24th ! We will be looking at the next section of Psalm 119! Verses 33-40 – ‘He’ May our Lord continue to give you a hunger to mine out more precious jewels from this powerful poem!!