



# Milan Baptist Church

Milan, Michigan

## Encouraging Words for Life's Dark Times - 05/24/20

Depression is not something that disappears when you slap a band aid on it. Sometimes the last thing you want to hear is another Bible verse or an encouraging word from someone who has not walked in your shoes. We all have moments when we need someone to grab our hand and help pull us up out of the depths of despair. It's the moments when we cannot even reach back for the extended hand that are hardest to get through. No matter what you are facing today or tomorrow, or what you went through yesterday, there is hope for you. Psalms puts words to the hardest seasons of life when it's hard to find words to pray.

### A Psalm for the fearful heart...

*"The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?...<sup>14</sup> Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!"*

Psalm 27:1,14 ESV

### A Psalm for the waiting heart...

*"I waited patiently for the LORD; he inclined to me and heard my cry.<sup>2</sup> He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure.<sup>3</sup> He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the LORD." Psalm 40:1-3 ESV*

### A Psalm for the discouraged heart...

*"Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God."*

Psalm 43:5 ESV

### A Psalm for the grieving heart...

*<sup>6</sup>I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping.<sup>7</sup> My eye wastes away because of grief; it grows weak because of all my foes.<sup>8</sup> Depart from me, all you workers of evil, for the LORD has heard the sound of my weeping.<sup>9</sup> The LORD has heard my plea; the LORD accepts my prayer. Psalm 6:6-9 ESV*

### A Psalm for the overwhelmed heart...

*"God is our refuge and strength, a very present help in trouble.<sup>2</sup> Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea,<sup>3</sup> though its waters roar and foam, though the mountains tremble at its swelling. Selah...<sup>10</sup> "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!"*

Psalm 46:1-3,10 ESV