

# A Song of Confidence

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## I. Introduction.

A. Text: Psalm 43.

B. The five books of Psalms correspond to the first five books in the Bible telling the story of God's working with men.

1. The book of foundations is Genesis corresponding to the first book of Psalms.

2. Exodus is the book of redemption that parallels the second book of Psalms. (E.g., Psalm 42-43)

C. A maschal is a teaching psalm that teaches how to handle despondent moods.

D. The context of the Psalm is clearly a time of frustration and depression, but the Psalmist does not accept this.

E. How do we deal with times of depression?

## II. Stages of the Psalmist.

A. The stage of intense longing and desire.

1. He has reached a place where he recognizes that only God can meet his needs.

2. He experienced a sense of God's delay.

3. There are times when God just lets us wait—those times of delay are the times our faith is tested.

4. When you experience depression, think back to what God has done for you in the past.

B. The stage of deep calling out to deep.

1. The deepest part of man calls out to the deepest part of God.

2. The nature of God is linked up to the nature of the believer and this never changes.

3. This steadies and strengthens the believer.

C. The stage of feeling abandoned.

1. We often feel like those who have trusted us have abandoned us.

2. It is the greatest test of the believer when God apparently does nothing.

3. The solace comes from understanding the Word as we read it.
4. The ultimate refuge in any believer is the Word of God. (Psalm 107)

**Application questions:**

1. What is the emotional atmosphere of the Psalm? Have you ever been able to relate to this?

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2. Why does God sometimes let us wait in times of depression?

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3. Based on the message, how would you counsel someone dealing with depression?

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