

Depression?

Psalm 73: 26: *"My flesh and my heart may fail, but God is the strength of my heart and my portion forever."*

"My flesh and my heart may fail" defines depression, meaning unhappiness, sadness, hopelessness and misery.

There are three parts to this little phrase.

"My flesh" - there is a physical component to despondency. The body weakens, there are aches, pains, fatigue and eventually the risk of serious illness as a result of constant misery - ulcers, strokes, heart disease - and there always is exhaustion.

Secondly, *"and my heart"* - there is an emotional-spiritual dimension to despondency. We feel discouraged, depressed, gloomy and burned out.

Thirdly, there is this word, *"fail."* It means to come to your wits end and be depleted of resources.

Is it a sin to experience this level of depression?

Under sad and hopeless circumstances it is no sin to feel despondent. Many of the exemplary believers in the Scriptures experienced deep and dark depression and even hopelessness. Jesus was overwhelmed with sorrow in Gethsemane.

What is wrong is *to yield to despondency*, to refuse to fight it and to think that God cannot reach you in that dark space - or to believe that God cannot change your broken heart into a source of gladness and joy!

The most important 2 words in this verse are: ***"But God..."*** Psalm 73:26 contains this truth: *"My flesh and my heart may fail"*: And then comes the counter attack: ***"but God."***

"But God". God is the strength of my life.

God is my portion forever!

Depression can be the result of many circumstances - but faith comes from one place only. It comes from the willingness to say: ***"but God."*** But God can fill me with gladness again.