

Victory Over Depression

Psalms 44:1-7 We end our readings for the month of February on a very positive note. In this psalm David reveals what sustained him throughout his life of trials and temptations. What sustained David was his love and trust relationship with the Lord. Because David was secure in his relationship to the Lord, he was able to release all into the hands of the Lord. There were times when David felt distant from God, but the truth that God commanded His lovingkindness always toward David gave David the anchor he needed to keep him from being overwhelmed by his circumstances. He constantly rehearsed and reviewed the marvelous works of the Lord and all the times the Lord had strengthened him.

In the first part of this psalm David reviews how it was not by its own strength or its own sword that Israel was able to drive out the heathen from the Promised Land. He gave all the credit to the Lord: "For they got not the land in possession by their own sword, neither did their own arm save them: but thy right hand, and thine arm, and the light of thy countenance, because thou hadst a favour unto them" (Ps. 44:3, KJV).

David was confident that God not only commanded His lovingkindness toward him, but also that God commanded deliverance for him and the children of Israel. Listen to this great statement of victory that David makes: "Through thee will we push down our enemies: through thy name will we tread them under that rise up against us" (v. 5, KJV).

Then David shares the key to victory in every circumstance. That key is trusting the Lord rather than trusting in our own strength or intelligence. He says, "For I will not trust in my bow, neither shall my sword save me. But thou hast saved us from our enemies, and hast put them to shame that hated us" (vv. 6-7, KJV).

We see in this psalm that David has come through his time of depression because he kept putting his trust in the Lord. He knew that the victory was his and the battle was the Lord's. When we put our trust in the Lord Jesus, Captain of the heavenly hosts, He fights our battles, and we can stand and see the salvation and deliverance of the Lord. If God be for me, who can be against me? Jesus is always able to put oppression to flight and remove it far from us. Paul tells us that Jesus through the cross spoiled principalities and powers and made a show of them, openly triumphing over them (Col. 2:15).

**READ: Leviticus 22:21-23:44; Mark 9:30-10:12; Psalm 44:1-7;
Proverbs 10:19**