

Put Your Hope in God

Psalm 42:5-11

Loneliness and depression often go hand in hand. Being “downcast in soul,” as described in Psalm 42 is an apt description of these powerful feelings. Here the sons of Korah described their battle with this emotional state and zeroed in on the perfect antidote, in verses 5,6.

Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

Whether depression arises from loneliness or vice versa, a powerful antidepressant can be found when we focus on God, His goodness, and His faithfulness. The cloud lifts when we offer praise—especially when we least feel like doing so. The psalmist found that God’s love directed him by day and that at night His song was with him (verse 8). His hope was in God and not dependent on circumstances.

Though your present situation might seem bleak and lonely, take time to remember God’s faithfulness to you in the past. If you don’t know Him as Lord and Savior, realize that His forgiveness, love, and mercy are available to you. He can help you rise above what you are feeling right now. Just put your hope in God.

How would you describe the impact of depression on your life or the life of someone close to you?

How have you or has someone close to you found hope in the midst of loneliness and depression?