

Slump Survival Training

A Slump is Simply the Valley Before the Summit

Pastor Carl Toti - August 24-25, 2019

Psalm 13:1-6 (NLT)

1 O LORD, how long will you forget me? Forever? How long will you look the other way? 2 How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand? 3 Turn and answer me, O LORD my God! Restore the sparkle to my eyes, or I will die. 4 Don't let my enemies gloat, saying, "We have defeated him!" Don't let them rejoice at my downfall. 5 But I trust in your unfailing love. I will rejoice because you have rescued me. 6 I will sing to the LORD because he is good to me.

FOUR SEPARATE TIMES

How long, O Jehovah? Will you forget me forever?
How long will you hide your face from me?
How long shall I take counsel in my soul?
How long shall my enemy be exalted over me?

1. INTERNAL _____

Psalm 13:1-2 (NLT)

1 O LORD, how long will you forget me? Forever? How long will you look the other way? 2 How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand?

2. EXTERNAL _____

Psalm 13:3-4 (NLT)

3 Turn and answer me, O LORD my God! Restore the sparkle to my eyes, or I will die. 4 Don't let my enemies gloat, saying, "We have defeated him!" Don't let them rejoice at my downfall.

THREE STAGES OF DEPRESSION

- 1) Discouragement (verse 1): "How long will you forget me?"
- 2) Despondency (verse 2): "How long must I struggle with anguish in my soul?"
- 3) Despair (verse 2): "How long will my enemies have the upper hand?"

3. ETERNAL _____

Psalm 13:5-6 (NLT)

5 But I trust in your unfailing love. I will rejoice because you have rescued me. 6 I will sing to the LORD because he is good to me.

Answers:

1. Struggle
2. Threat
3. Love