

Talk (Preach) To Yourself!

* Indebted to Pastor John Piper and a chapter on “Despondency” in his book, Future Grace!

A. Preach to yourself!

1. Psalm 42:3-5 & 11

a. Dr. Martyn Lloyd-Jones, Spiritual Depression

- i. I say that we must talk to ourselves instead of allowing "ourselves" to talk to us! Do you realize what that means? I suggest that the main trouble is this whole matter of spiritual depression in a sense is this, that we allow our self to talk to us instead of talking to our self.
- ii. Am I just trying to be deliberately paradoxical? Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself? Take those thoughts that come to you the moment you wake up in the morning. You have not originated them, but they start talking to you, they brought back the problem of yesterday, etc. Somebody is talking. Who is talking to you? Your self is talking to you.
- iii. Now the Psalmists treatment was this; instead of allowing this self to talk to him, he starts talking to himself. "Why are thou cast down, O my soul?" he asks. His soul had been depressing him, crushing him. So he stands up and says: "Self, listen for a moment, I will speak to you... Why art thou cast down? --- what business have you to be disquieted? ... And then you must go on to remind yourself of God, Who He is, and what God is and what God has done, and what God has pledged Himself to do.
- iv. Then having done that, end of this great note: defy yourself, and defy other people, and defy the devil and the whole world, and say with this man: "I shall yet praise Him for the help of His countenance.

Conclusion: Listen To Jesus!

A. John 14:1, 1 “Do not let your hearts be troubled. Trust in God; trust also in me.