

**When Life's Travels Get You Down**  
Psalm 38

**Reasons for Depression**

**1. Flat Tire or Out of Gas - Physical Condition**

The Hope - John 9:1-3

**2. An Unforeseen Road Hazard - Accident**

The Hope - Lamentations 3:22-23, 32

**3. Loss of Way and Wrong Turns**

The Hope - Psalm 40:1-4a

a. Loss of Way

b. Wrong Turn

## **When Life's Travels Get You Down** (Go in Peace! – In a Nut Shell)

### **Directions to Get Back on Track!**

- 1. Make this your prayer - Psalm 139:23-24**  
*Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.*
  
- 2. Hurt left unattended gets stuff deep within - Proverbs 18:8 & 26:22**  
*The words of a gossip are like choice morsels; they go down to a man's inmost parts.*
  
- 3. Hurt which is stuffed turns into anger, anger turns into bitterness and bitterness will turn into a bitter poison which will infect your whole household – Ephesians 4:26-27**  
*“In your anger do not sin”: Do not let the sun go down while you are still angry and do not give the devil a foothold.*  
  
*Deuteronomy 29:18b Make sure there is no root among you that produces such bitter poison.*
  
- 4. In view of this, we must take every hurtful thought captive and make it obedient to Christ - 2 Corinthians 10:3-5**  
*For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*
  
- 5. Spend some quiet time with the Lord and honestly ask Him to search your heart. Whatever He shows you give to Him. – Psalm 139:23-24 again.**  
*Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.*  
  
*Proverbs 20:27 The lamp of the LORD searches the spirit of a man; it searches out his inmost being.*
  
- 6. Write a letter to the Lord concerning all your hurts. No holding back. It is between you and the Lord only! Once you write the letter offer it to the Lord as a burnt offering and burn it in a fireplace. Watch the smoke rise to Him. This is a tangible way to give your hurts to Him. – Exodus 29:18**  
*Then burn the entire ram on the altar. It is a burnt offering to the LORD, a pleasing aroma, an offering made to the LORD by fire.*  
  
*Psalm 4:4-5 In your anger do not sin; when you are on your beds, search your hearts and be silent. Offer right sacrifices and trust in the LORD.*