

Marcus Deveso

When I think about Marcus and his story, I am reminded of another servant of God, who was also a musician, King David. David wrote much of book of Psalms. It seems he put most of his life and faith into words and music for us to learn from.

Other than Jesus, we probably know more about David than anyone else in the whole Bible. We have a historical account of many of the events in David's life. But we also know how David felt as he was going through those events because he wrote down his feelings in the Psalms. One of the things we learn is how David dealt with feelings of depression and loneliness.

Depression is a secretive enemy. As we heard, people can be suffering with bouts of depression and those around them may not even know. In fact, it may look like everything is going really well on the surface, but inside a person might be hurting. Proverbs 18 says, (14) *"The spirit of a man can endure his sickness, but as for a broken spirit who can bear it?"*

Beloved, David's greatest bouts with depression came when he tried to do things his way instead of looking to God for direction. A good example of this is in Psalm 56.

At this time in David's life, he had beaten Goliath. Now he is running from King Saul, who was trying to kill him. David gets a bright idea to flee to Gath, a city of the Philistines and Goliath's home town. David, in his own wisdom, thought it would be a good idea to go Goliath's hometown because certainly they would welcome a champion like him. And to make matters worse, he is carrying Goliath's sword!

1 Samuel 21 records this event. As we read that chapter we find out that the people of Gath really weren't as excited to see David as he thought they would be. It was just the opposite. In fact, it was so bad, David feared for his life.

So instead of going to God, David comes up with another plan. He pretended to be insane. 1 Samuel 21 says, (13) *"So he disguised his sanity before them, and acted insanely in their hands, and scribbled on the doors of the gate, and let his saliva run down into his beard."*

David is filled with fear and depression, which often go together. He felt alone and knew people were plotting against him. He is an emotional wreck. He sits in his room and finally it hits him what he needs to do. He says in Psalm 56, *"All day long they distort my words; all their thoughts are against me for evil. They attack, they lurk, they watch my steps, as they have waited to take my life."*

What made the difference for David? We learn some things we can do in times of depression that David did, and that we heard in Marcus' testimony.

1. Take it to God.

David finally settled down and instead of looking at his own abilities, turns his heart to God. He tells God exactly what he is feeling. He says in verse 3, *"When I am afraid, I will put my trust in You."* When David expressed his fear to God, God could then take it. When we share our emotions with God, it releases them to Him. That is really an expression of faith.

2. He turns to God's word.

He says in verse 4, *"In God, whose word I praise, in God I have put my trust; I shall not be afraid. What can mere man do to me?"* David says, "When my emotions may be falling to pieces, when I am afraid and feel alone, I will put my trust in You, and Your word."

Beloved, when we are depressed and feel alone or afraid, we don't deny those feelings. We don't pretend everything is fine when it isn't. We take it to God. We tell Him about it because He cares. We lean on Him. Jesus said in Matthew 11, (28-30) *"Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."*

As David begins to tell God about it, God meets him right where he is. He doesn't wait for David to get his act together. He comes to David and David is comforted in God's word. And David responds in verse 9, *"This I know, that God is for me."* That is the same thing that happens for us. When we take our darkness to God, His answer is Jesus Christ and the cross.

Jesus died on the cross for all our pain and misery and fear and depression. And He rose from the dead to give us light and life. Jesus rose to give us the assurance of grace and mercy and victory, no matter how great the pain. We know that because of Christ, nothing, absolutely nothing can separate us from God's love.

3. He shares it with others.

David says in verse 8, *"You have taken account of my wanderings; put my tears in Your bottle. Are they not in Your book?"* This is really a powerful verse. The principle here is that David is putting his experience, his feelings and depression, in a form for others to learn from it.

The word for bottle here is a word that is used for a wine bottle. They would put the grape juice in this bottle and it would ferment over time, and later on people would drink from it. The idea here is that God would take David's tears from hurt and depression and all the mistakes he made, and put them into a bottle, and years later they would be used to help others.

Beloved, right now you and I are being blessed by the tears of David's experiences. Right now you and I are being blessed by the tears of Marcus' experiences. God has taken those times of hurt and depression, and used them to help us, and we learn, God is for us.

If you are experiencing times of depression and loneliness and fear, talk to God about it, turn to His word for comfort, and share it with someone. Don't hold on to it, but let them help you give it to Jesus. Learn from David's tears.

In Jesus' name. Amen.