



“LIFTING THE FOG!”

Psalm 31:9-16

I. INTRODUCTION

The fourth (October, November, and December) and first (January, February, and March) quarters of any calendar year tend to be times where we see an increase in the spirits of joy, love, happiness, sharing, expectation, and hope! Likewise, this same time period tends to be among the lowest points of the year because there are corresponding increases in sadness, disappointment, hurt, loneliness, and frustration, which lead to higher incidences of suicides, murders, deaths, alcoholism, divorce, and credit card debt. These trends do not discriminate because they impact both secular society and the sanctuary! In fact, there seems to be a higher percentage of the latter trends among Christians! This is not God’s will!

In his book, *Spirituality of the Psalms* renowned Christian theologian, Walter Brueggemann, offers a framework for understanding the Book of Psalms. While not every psalm fits perfectly into a category, Brueggemann suggests most of the psalms can be viewed in one of three ways: 1) Psalms of Orientation; 2) Psalms of Disorientation; and 3) Psalms of New Orientation or Reorientation. Interestingly, life for us can feel just like Brueggemann’s organization of the book of Psalms! Today’s sermon focuses on a Psalm of Disorientation. We will discuss a subject matter that the church has made taboo: depression. As we continue living in disorienting times, it is important to know how to deal with the physical, emotional, and spiritual fog that life presents us from time to time. But, more importantly, it is crucial to focus on the blessed assurance we have as Christians. Know that God’s presence is “Lifting the Fog!”

II. ACKNOWLEDGE WHERE YOU ARE!

vv. 9-10

- A. “Express where you are but confess where you want to be!” **Pastor K. Caldwell**
B. Denial is not a river in Africa!
C. Your situation is temporary! **Psalm 23:4**
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- III. ASSESS YOUR ACQUAINTANCES!

vv. 11-13

A. Your vibe attracts your tribe!

Psalm 1:1-3

B. Avoid parasitic people!

Mark 5:38-41

C. Surround yourself with Godly people!

Hebrews 10:24-25

- IV. ACCESS A THIRD PARTY!

A. Seek a healthcare professional or counselor!

3 John 2

B. Know that you are not a failure!

Psalm 37:23-24

C. Openness and transparency can uncover root causes!

Psalm 139:1

- V. ALWAYS TRUST GOD!

v. 14

A. People will let you down!

Job 19:14

B. God is your personal GPS!

Psalm 119:105; Proverbs 3:5-6

C. Seek refuge in God’s shadow!

Psalm 57:1; James 1:17

VI. CONCLUSION

David was certainly in a fog. He was able to express where he was while confessing where he wanted to be. We must also remember that fog is never a permanent situation! It temporarily obscures your vision and visibility! Not being able to see clearly can be disorienting, frustrating, anxiety-producing, and fear-filled! If your life is in a fog, your best option is to pull over, let the Holy Spirit drive, and you ride shotgun! Let the guiding light of the Lord be a lamp to your feet and a light to your path! That guiding light may even include receiving third-party help! The devil came to steal, kill, and destroy. But, Jesus came so that you may have life and life more abundantly.

Source: Brueggemann, Walter. *The Spirituality of the Psalms*, Minneapolis, MN: Augsburg Fortress, 2002.

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