

# David & Depression

The Psalms of David



1. Life is hard.



1. Life is hard.
2. Emotions are real.





But David went up the ascent of the Mount of Olives, weeping as he went, barefoot and with his head covered. And all the people who were with him covered their heads, and they went up, weeping as they went.

**2 Sam 15:30**



1. Life is hard.
2. Emotions are real.
3. Emotions have a purpose.



1. Life is hard.
2. Emotions are real.
3. Emotions have a purpose.
4. There is a way out of the darkness.

