

Sermon Notes: April 22, 2018
"The Weather of the Soul"

Text: I Samuel 16:14-23

Commentary: There is a big picture event happening which is that Samuel was to anoint David as the new king, leaving the now disaffected Saul behind. Saul is beset by evil spirits, which in today's language would be a way of saying that he suffered from some type of mental illness. It was suggested that a person playing a lyre may make his evil spirits depart. His illness has the hallmarks of being manic depressive. He is rash, emotional and often strikes out at the people around him. David had earned the trust of Saul as being his musician in his darkest hours and by being his armor bearer. Once David defeats Goliath in battle, he becomes a national hero. Saul is troubled by this and believes that David is much too popular and needs to be killed. David becomes the center point of Saul's paranoia and goes into hiding to stay alive: National hero one moment and fugitive on the run the next.

Major Points

- 1. The weather is ever-changing and has a wide variance in temperatures and conditions. To some extent the weather of our soul is like it.**
 - Emotional storms of the heart
 - Ups and downs of morale
 - The winds of passion that blow hot and cold

- Moods, dispositions, feelings, attitude
 - All people, even the saints have their moments. Paul said, "I can do all things through Christ", but also "Wretched man that I am, who shall deliver me from the body of death?"
 - Humans are not robots, to a large degree we are governed by the weather of our soul.
- 2. A very high percentage of Americans face depression and other forms of mental illness.**
 - If a person has a physical problem, they will often discuss it but not so with depression.
 - The weather of some people's souls can run very hot or very cold—really up or really down, everything's perfect or my life is a disaster, filled with hope or despair. It is so frustrating for both the individual and family.
 - What plagued Saul thousands of years ago is still plaguing people today. It can be so hard to face. The difference today, however, is that we have so many more options.
 - Legislatures are still trying to seek a balance of patient rights and needed interventions.
 - 3. Throughout time the most useful message to people in a tempest in their soul is to wait it out.**
 - We want an instant solution but seldom is one available.

- There are times when we just need the strength to get through an hour, a day, a week.
- The gloom in our soul may be as thick as a heavy fog. Why lose yourself in the fog? It will not last. The sun will come out and the fog will disappear.
- Never be afraid to seek support and encouragement in a difficult time. It is especially comforting when it comes from a person who has been through it.

4. Draw upon your faith and spirituality.

- A church service often provides what a weary soul needs—music to inspire, scripture to ponder, and a message to instruct. Social component of people and cookies.
- To serve others often lifts one's soul, as you get involved in a cause bigger than yourself.
- The cure is not self-pity but self-growth.