

**Spiritual Depression: Its Causes and Cure by Dr. Martin Lloyd-Jones**  
**Chapter 11: Looking at the Waves**  
**Matt 14:22-33**

This lesson and the previous are studies of true faith and how it conquers depression by the very fact that faith is looking at the Lord Jesus and is not focused on ourselves. The previous lesson taught us principles from the time when the Lord Jesus was asleep during a storm that had arisen while the disciples were traveling across the lake. They awoke our Lord with great fears and even concerns that He did not care that they were about to perish. Herein lies two trials. First, they were threatened by the storm, but a greater trial for them was that they actually thought that the Lord was indifferent to their need. Sometimes the Lord delays to test our faith. The Lord did calm the storm in due time and the lesson stresses that we must remember that faith is not automatic. We must place our faith in the Lord. It does not place itself. We exercise and apply our faith to the Lord, trusting He will always honor His Word. Faith must silence unbelief and "put it foot upon the neck of unbelief." Faith remembers all that it knows about the Lord, His work, and His promises.

In today's lesson, we learn more about how faith dispels the dark doubts of depression. We find ourselves studying another storm, but the differences in the two accounts allow us to glean with Lloyd-Jones aid yet more principles on which our faith may gain strength.

What are some key differences in the storm in Matt 14 compared to the one in Luke 8?

- 1.0 What is the first element that Lloyd-Jones points out that gives us an insight into Peter's response to the storm?
  - 1.1 Give a character sketch of Peter and describe how his character impacts his faith.
  - 1.2 On page 153, Lloyd-Jones states how those like Peter can fall into depression? State this cause.
- 2.0 What is the second point that Lloyd-Jones gleans from Peter's encounter with the Lord Jesus on the water?

2.1 How is it that we can actually lead ourselves into various depressions?

2.2 According to Lloyd-Jones, how is it that doubts are not incompatible with faith?

3.0 According to the third principle, what an indication of weak faith?

We are to overcome weak faith by never letting doubts master us. "The antidote is – great faith."

3.1 What is the first characteristic of great faith? How does one attain this characteristic?

3.2 What is the second characteristic of great faith (p. 157)?

3.3 What is the third important characteristic of great faith (p. 158)? Lloyd-Jones develops this characteristic with several points.

3.3.1 What point does he derive from Phil 1:6?

3.3.2 How can we best assuage our doubts?

3.3.3 Lloyd-Jones exhorts, "You cannot live on an initial faith. Do not try to live on your conversion... We need a fresh supply every day, so start your day with Him and keep in touch with Him."

4.0 Lloyd-Jones gives a final word of consolation. What is that encouragement?

5.0 What is the promise of Jude 24,25?

6.0 State other principles you may have seen from this blessed account of the Lord's work with Peter and the disciples in Matthew 14:22-33.