



HOPE  
DESPAIR

# Psalm 55:22

<sup>22</sup> Cast your burden upon the LORD and He will sustain you; He will never allow the righteous to be shaken.

Focal Truth:

Give your despair to God.

# Observations:

1. A despairing man surrenders his burden to the Lord. – Ps. 55:22
2. God sustains those who surrender their burdens to Him. – Ps. 55:22
3. God keeps those who surrender their burdens to Him from shaking. – Ps. 55:22

# Things to Remember and Do:

1. Tell the Lord how you feel in your despair – be specific and honest – He is listening!
2. Live in the sustaining grace of God. Trust God with your anxious fears.
3. Don't let your troubles shake your trust in God.

Call or text 988 Mental Health Emergency – 24/7



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