



HOPE  
DESPAIR

Psalm 88:3

<sup>3</sup> For my soul has had enough troubles, and my life has drawn near to Sheol.

Focal Truth:  
Tell God your pain.

# Observations:

1. His prayerful confession to God his Savior in his pain – Ps. 88:1
2. His persistent prayerful cry to God his Savior in his pain – Ps. 88:1-2
3. His prayerful complaint to God his Savior in his pain – Ps. 88:3-8

# Things to Remember and Do:

1. Tell God your pain in despair even when you think He does not hear or is not there. – Ps. 88:1
2. Persistently pray in your despair while you wait by faith for God to answer.
3. Despairing prayer is a prayer of faith. – James 5:16
4. Come to Jesus in your prayer of despair – He will give you rest. – Mt. 11:28

Call or text 988 Mental Health Emergency – 24/7



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