



HOPE
in
DESPAIR

Psalm 42:5

⁵ Why are you in despair, O my soul?

And why have you become disturbed within me?

Hope in God, for I shall again praise Him

For the help of His presence.

Focal Truth:

Believers can hope in God in their despair.

Observations:

1. My soul's desire in despair – Ps. 42: 1 -2
2. My despair in despair – Ps. 42:3-4
3. My questions to myself in despair – Ps. 42:5
4. My hopeful cry to God in despair – Ps. 42:6 -11

Things to Remember and Do:

1. Seek God as best you can in your despair.
2. Ask yourself why you are in despair – understand the cause of it, admit and accept it.
3. Hope comes from the promises of God – believe God's promises.

Mental Health Hotline 866-903-3787



HOPE
DESPAIR