**Hope in Despair – Ps. 6**

*For the Lord has heard the voice of my weeping. The Lord has heard my supplication. The Lord receives my prayer*

**Prayer in despair brings hopefulness in despair**

**Focal Truth: Remember God hears your prayers in despair & cares for you**

**Observations**

1. **A prayer in despair – 1 – 3**
2. Prayer in despair is a cry for mercy – 1

*O Lord, do not rebuke me in Your anger, not chasten me in your wrath*

1. Prayer in despair is a cry for grace – 2

*Be gracious to me, O Lord, for I am pinning away*

Ps. 102 – *my heart has been smitten like grass & has withered away*

1. Prayer in despair is a cry for healing - 2 – 3

*Heal me, O Lord, for my bones are dismayed. And my soul is greatly dismayed*

1. Prayer in despair is a cry for understanding – 3

*But You, O Lord – how long?*

**Consider**

1. Prayer in despair connects the believer with God in their pain
2. Despair has many descriptions in prayer

**I am pinning away** = withering away

**My bones & soul are greatly dismayed**

**How long?**

**Heb. Come boldly to the throne of grace; tell the Lord Jesus our High Priest of your pain**

1. **A prayer for recovery from despair – 4 – 5**
2. Prayer in despair asks God for comfort in despair

*But You, O Lord – How long? Return, O Lord…*

1. Prayer in despair asks God to rescue from despair because of His love

*rescue my soul, save. Me because of Your lovingkindness…*

Rescue = to deliver, draw out

My soul = Mind, will, emotions, desires, & body

**The God of love is the God who rescues**

1. Prayer in despair desires life beyond despair before death comes

*for there is no mention of You in death, in Sheol who will give you thanks?*

1. **A confession of despair in despair – 6 – 7**
2. Prayer in despair confesses to God the pain of despair

*I am weary with my sighing; every night I make my bed swim, I dissolve my couch with my tears. My eye has wasted away with grief; it has become old because of all my adversaries*

**Consider**

1. The despairing believer tells God how he feels in his prayer of despair

I am weary with sighing

Every night I dissolve my bed with my tears

My eye has wasted away with grief

My grief has become old – “never seems to end”

Ps. 31: 9 – *I am in distress, my eye is wasted away from grief, my soul & my body also*

*My life is spent with sorrow, my years with sighing*

1. The Holy Spirit helps the despairing soul in the prayer of despair

**R. 8: 25 – 27 –** *if we hope for what we do not see, with perseverance we wait eagerly for it. In the same the way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words and He who searches the hearts knows what the mind of the Spirit is, because He intercedes for the saints according to the will of God*

* The Holy Spirit **helps** us pray according to the will of God
* The Holy Spirit **reminds us** of the grace & merciful promises of God
* The Holy Spirit **leads us** to glorify God even in our despair
* The Holy Spirit **gives** spiritual hope & delight in prayer
* The Holy Spirit **prays with us & for us** in our despair

***The Spirit helps our weakness, for we do not know how to pray as we should***

***If we hope for what we do not see, with perseverance we wait eagerly for it***

1. **A prayerful confession of hope in despair – 8- 10**

*For the Lord has heard the voice of my weeping, the has heard my supplication, the Lord receives my prayer*

1. Prayer in despair **confidently hopes that God hears the prayer of despair**

*For the Lord has heard the voice of my weeping, the Lord has heard my supplication*

**The God of love is the God who hears the prayer of despair**

Ps. 116 – *I love the Lord, because He hears my voice and my supplications*

*He inclined His ear to me, therefore I shall call on him as long as I live*

*For You have rescued my soul from death, My eyes from tears, my feet from stumbling*

1. Prayer in despair **confidently hopes that God accepts prayers of despair**

*The Lord receives my prayer – receives = holds on to my prayer*

**Ps. 116 – *return to your rest, O my soul, for the Lord has dealt bountifully with you***

1. Prayer in despair **confesses that God will remove the enemy of despair**

*All my enemies will be ashamed and greatly dismayed; they shall turn back, they will be suddenly ashamed*

**Things to Remember and Do**

1. God listens & responds to the prayer of despair

*The Lord has heard the voice of my weeping*

1. When you despair tell God how you feel!

*My soul is dismayed*

1. Hopeful rest comes when we pray in our despair

*The Lord receives my prayer*

Mental Health Hotline #