



HOPE
DESPAIR

The image features a dark, stormy sky with a bright sun or moon partially obscured by a white circle containing the word 'in'. The text 'HOPE' is in a light, semi-transparent font, and 'DESPAIR' is in a bold, black font. The overall mood is one of contrast and tension.



Psalm 23:1

The LORD is my shepherd, I shall not want.

Focal Truth:

When in despair remember that Jesus Christ is your Shepherd.

Observations:

1. Hope confesses – Jesus Christ is my shepherd who always provides. – Ps. 23:1
2. Hope praises – Jesus Christ my Shepherd is always present. – Ps. 23:2-3
3. Hope rests – the goodness and love of Jesus Christ my Shepherd protects. – Ps. 23:6

Things to Remember and Do:

1. The Lord Jesus will always provide for your needs.
2. Give thanks to the Lord for His permanent presence with you.
3. The Lord's goodness and love are your companions for all of life.
4. Eternal goodness and love await you in heaven!

Mental Health Hotline

Call or text 988 Mental Health Emergency – 24/7



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