



HOPE
DESPAIR

in

Psalm 27:14

¹⁴ Wait for the LORD; Be strong and let your heart take courage; Yes, wait for the LORD.

Focal Truth:

Seek God's help in your despair.

Observations:

1. Remind yourself of God's past help. –
Ps. 27:1-3
2. Think deeply reflecting on God's perfect beauty. – Ps. 27:4
3. Thankfully praise God who helps. – Ps. 27:5-6
4. Trust God's goodness for help. – Ps. 27:7-14

Things to Remember and Do:

1. Always seek first the reign of Christ and His righteousness in your life.
2. Regardless of life conditions set your mind on the Lord Jesus Christ and His help.
3. Never stop seeking God in private worship.
4. Ask God for help in every situation.

Mental Health Hotline

Call or text 988 Mental Health Emergency – 24/7



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