



HOPE  
DESPAIR

# Psalm 130:5

<sup>5</sup> I wait for the LORD, my soul does wait, and in His word do I hope.

Focal Truth:

Trust in God's promises.

# Observations:

1. In the depths of despair cry to God. –  
Ps. 130:1-2
2. In the depths of despair remind yourself that God forgives. – Ps. 130:3-4
3. In the depths of despair remember the promises of God while you wait for His help. –  
Ps. 130:5-6
4. In the depths of despair confess your hope that God keeps His promises. – Ps. 130:7-8

# Things to Remember and Do:

1. Believe God's promises – He hears your prayers in despair.
2. Remind yourself each day of the promises of God.
3. Hopefully wait for the Lord's help – He has promised to help you.
4. Rejoice! God loves you and will save you when you call on Him.

Call or text 988 Mental Health Emergency – 24/7



HOPE  
DESPAIR