



HOPE
DESPAIR

Psalm 6:8-9

⁸ Depart from me, all you who do iniquity,
For the LORD has heard the voice of my weeping.

⁹ The LORD has heard my supplication,
The LORD receives my prayer.

Focal Truth:

Remember God hears your prayers in despair and
cares for you.

Observations:

1. A prayer in despair – Ps. 6:1-3
2. A prayer for recovery from despair – Ps. 6:4-5
3. A confession of despair in despair – Ps. 6:6-7
4. A prayerful confession of hope in despair –
Ps. 6:8-10

Things to Remember and Do:

1. God listens and responds to the prayer of despair.
2. When you despair tell God how you feel!
3. Hopeful rest comes when we pray in our despair.

Mental Health Hotline

Call or text 988 Mental Health Emergency – 24/7



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