



HOPE
DESPAIR

Psalm 30:11-12

¹¹ You have turned for me my mourning into dancing;
You have loosed my sackcloth and girded me
with gladness, ¹² That my soul may sing praise to You
and not be silent. O LORD my God, I will give thanks to
You forever.

Focal Truth:

Give thanks for God's grace in your despair.

Observations:

1. God's grace replaces despair with celebration. –
Ps. 30:11
2. God's grace removes sadness for gladness. –
Ps. 30:11
3. God's grace restores joyful praise of thanks. –
Ps. 30:12

Things to Remember and Do:

1. Jesus Christ is full of grace – giving grace upon grace! – John 1:16
2. Jesus Christ saves us by His grace – believers live on His grace!
3. Peace lives by the grace of Jesus Christ.
4. Be strong in God's grace in Jesus Christ. – 2 Tim.2:1

Mental Health Hotline

Call or text 988 Mental Health Emergency – 24/7



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