



HOPE
in
DESPAIR

Psalm 13:5-6

⁵ But I have trusted in Your lovingkindness;
My heart shall rejoice in Your salvation.

⁶ I will sing to the LORD,
Because He has dealt bountifully with me.

Focal Truth:

When in despair live in God's love for you.

Observations:

1. Despair doubts God's love. – Ps. 13:1-2
2. Despair desires God's love. – Ps. 13:3-4
3. Hope rejoices in God's love. – Ps. 13:5-6

Things to Remember and Do:

1. Never trust despair about how much God loves you!
2. God's light – His truth pushes away the darkness of despair.
3. Hope in despair believes nothing can separate you from the love of Christ!
4. May the Lord direct your heart into the love of God. –
2 Thess. 3:5

Mental Health Hotline

Call or text 988 Mental Health Emergency – 24/7



HOPE
DESPAIR