

"Despair"

Message 3 in the series, "Remember"
Psalm 22

DESPAIR = "the complete loss or absence of _____."

My Definition of Despair = Discouragement on _____.

TODAY'S MAIN QUESTION:

How do I _____ with the loss of _____?

ADDRESSING THE MAIN QUESTION:

1. Be _____ with your _____ and your _____
 - *My God, my God, why have You forsaken me? Why are You so far from saving me, so far from my cries of anguish? My God, I cry out by day, but You do not answer, by night, but I find no rest.* ~ Psalm 22:1-2 (NIV)
 - *Why, Lord, do You reject me and hide Your face from me?* ~ Psalm 88:1-2, 14 (NIV)

2. Put your hope in God's _____
 - *We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body. For we who are alive are always being given over to death for Jesus' sake, so that His life may also be revealed in our mortal body. So then, death is at work in us, but life is at work in you.* ~ 2 Corinthians 4:8-12 (NIV)

3. Repeat often: "_____"
 - *"Yea, though I walk through the valley of the shadow of death, I will fear no evil, for Thou art with me."* ~ Psalm 23:4 (KJV)

Other Sample Passages on Despair

Jeremiah 31:15 ~ This is what the Lord says: "A voice is heard in Ramah, mourning and great weeping, Rachel weeping for her children and refusing to be comforted, because they are no more."

Job 3:20-22 ~ "Why is light given to those in misery, and life to the bitter of soul, to those who long for death that does not come, who search for it more than for hidden treasure, who are filled with gladness and rejoice when they reach the grave?"

Habakkuk 3:17-18 ~ Though the fig tree does not bud, and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the Lord, I will be joyful in God my Savior.

FOR GROW GROUPS AND PERSONAL REFLECTION:

1. Read Jeremiah 31:15; Job 3:20-22; Psalm 22:1-2; and Psalm 88:1-2, 14. What emotional parallels do you see in these passages? How do they describe "despair"?
2. How do you react to Pastor David's comment that when in a season of despair, we should "appeal to God's memory"?
3. When was a time when you felt despair? What responses from friends or family were helpful? Which were not helpful? How did your faith help you through it, if it did? How do you find hope?
4. Read Habakkuk 3:17-18. How does this impact your view of despair?
5. As you've listened to the message or as you read the Scripture passages, what is God bringing to your mind and heart? What do you want to do about it?