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Bouncing Back From Despair 1.16.22

God lifted me out of the pit of despair.... Psalm 40:2

We are
hard pressed on every side, but not crushed;
perplexed, but not in despair;
persecuted, but not abandoned;
struck down, but not destroyed.
2 Corinthians 4:8-9

Ask God to reframe my view of life.

"In this world you will have trouble." –Jesus, John 16:33

Live with a limp.

Then the man said, "Let me go, for the dawn is breaking!" But Jacob said, "I will not let you go unless you bless me."
"What is your name?" the man asked. He replied, "Jacob."
"Your name will no longer be Jacob," the man told him. From now on you will be called Israel." Genesis 32:26-28 (NLT2)

Look Big and look Beyond

For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, 2 Corinthians 4:17

Know God's Hope.

Hope is an assurance that a loving God is in control of life, and of my life, and no matter what happens, good or bad, He is in charge and it is OK.

Hope in God, for once again I will praise him, since his presence saves me and he is my God. Psalm 42:11 (ISV)

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. 2 Corinthians 4:8-9 (NIV)

Remember: God climbs into my pit.

What, then, shall we say in response to these things? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? Romans 8:31-32 (NIV)

Talk it Over! For my thoughts and LifeGroup*

How do people become despaired?

What's it like being in the 'pit of despair'? How do you feel? What is your outlook on life when you are there?

Psalm 42 is a song written in despair. Read it together and note all the terms used to communicate hurt and pain.

What tells you that the writer of this Psalm will probably 'be OK'?

Look at Genesis 32: 13-32. What is going on here and what do you think God is trying to show us?

If you had a friend who was in really in despair, what would you do? What would you say? How would you introduce God into your words?

If anyone in the group is bordering on despair, love on that person and let them share what they are going through.

Pray for each other.

*A LifeGroup is a group of people who are committed to loving each other and growing through times like these. For more information, connect with Pastor Len at len@marinerscc.org