

## HOPE FOR DESPAIR

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### A Shield and Defender

Perhaps your trial is the result of hateful acts from another. God promises to be a Shield for you. *“You, O Lord, are a Shield for me, the One I boast in, and the One who helps me hold my head high.” – Psalm 3:3*

### Provider of Wisdom

Perhaps you need wisdom in how to deal with your circumstances. *“If any of you lack wisdom, let him ask God, who gives to all liberally, and reprimands not, and it shall be given him” – James 1:5.*

### Provider of Strength

*“Have you not known? Have you not heard, that the Everlasting God, the LORD, the Creator of the ends of the earth, does not faint or get weary? There is no end to His understanding! He gives power to the faint; and to those that have no might, He increases strength...”*

Even in circumstances that exhaust the young and the strong... *“They who wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run and not be weary; they shall walk and not faint” – Isaiah 40:28-31.*

### A Confident Future

When life seems overwhelming with its struggles and trials, when *“There are many who would say, who will show us any good? Lord, lift up the light of Your face upon us! For You have put gladness in my heart, more than in the time that their food and wine was in abundance” – Psalm 4:6,7.*

### Precious Promises!

God’s Word is full of great promises to the person who chooses to trust in Jesus. *“For the eyes of the LORD run to and fro throughout the whole earth to show Himself strong in the behalf of those whose hearts are sincere toward Him” – 2 Chronicles 16:9.*

*“Whoever believes in Jesus shall not be ashamed ... for He is LORD over all and is rich toward all that call upon Him. For whosoever shall call upon the name of the Lord shall be saved.” – Romans 10:11-13.*

Jesus invites you today, *“Come unto Me, all you who labor and are heavily burdened, and I will give you rest” – Matthew 11:12.*

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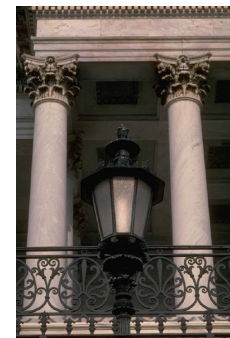
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WHY ARE YOU  
CAST DOWN, O  
MY SOUL?

HAVE  
HOPE IN  
GOD

~ PSALM 43:11 ~



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## HOPE FOR DESPAIR



### **Don't Despair**

Despair sets in when people feel an absence of hope. The loss of a “way out” in times of trouble creates a sense of panic and the need for an escape.

God has a “*way of escape*” for all those who feel overwhelmed by their circumstances. And He lovingly offers to you these encouragements from the Bible.

### **You are not alone**

*“There is no trial happening to you except those that are common to mankind: but God is faithful ... with each trial He will also make a way to escape, that you may be able to bear it” – 1 Corinthians 10:13.*

Realizing that others are going through the same trials, will keep you from feeling isolated in your situation.

Most importantly, God loves you and *He* is aware of your situation and is able to help. He has made a way out.

### **Look up**

*“When my heart is overwhelmed within me, lead me to the ROCK that is higher than I” – Psalm 61:2.*

No problem is too great that God cannot solve it. He created the earth and all that is in it by His wisdom and power, and assures us that “*nothing is too hard*” for Him – Genesis 18:14.

### **Pray**

*“I cried unto the LORD with my voice, and He heard me ...” – Psalm 3:4.*

God invites you to ask for His help. He will not force His way into your life uninvited. If you want His help, you must ask.

**Be honest:** When you pray, you must be honest. God sees your heart and knows your thoughts so there is no fooling Him. If you have ignored or rejected Him in the past, you must first make things right with Him and genuinely apologize.

**Confess:** If your troubles are partly due to wrong choices you have made, admit it. God promises, “*If we confess our sins, He is faithful and just to forgive us our sins, and cleanse us from all unrighteousness.*” - 1 John 1:9

A clean conscience will bring you great peace of mind.

**Pray in Jesus' Name:** When Jesus Christ came to earth, He was both God and man. This made Him a perfect go-between.

He could perfectly display God's love and power to us, and perfectly take our human problems and cares to the Father. “*For there is only One God and One Mediator between God and mankind: Jesus Christ*” - 2 Timothy 2:5.

This means there is *no other name* by which your prayers can reach Heaven. When you pray in Jesus' name, you can be absolutely confident that God will hear your prayers, and send His help. A great calm will fill your heart.

### **Help from Above**

*“He ... heard my cry. He brought me up out of a horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings. He has put a new song in my mouth, even praise to our God! Many people will see and reverence Him, and shall trust in the LORD. Blessed is the one who trusts in Him!” – Psalm 40:1-4.*

God may lift you directly out of your particular trial, or He may walk you through it. “*When you pass through the waters, I will be with you ... they shall not overflow you*” – Isaiah 43:2.

Either way, He will prove Himself to be your “*Refuge and strength, a very present help in time of trouble.*” – **Psalm 46:1**