

# Dealing With Despair

*Psalm 13*

**People are suffering and struggling with mental health issues more **now** than ever before.**

*Psalm 13:1-6*

**Despair comes when we feel **forgotten**.**

*Isaiah 49:15, Deuteronomy 31:8*

**Despair comes when we feel **abandoned**.**

*Matthew 10:29-31, Proverbs 3:5-6*

**Despair comes when we feel lost and **lonely**.**

**Despair comes when we feel **defeated**.**

*Psalm 13:3, Psalm 46:1*

**When you're facing times of despair, turn to God for **help**!**

*Psalm 13:4, Exodus 32:11-12a, Psalm 13:5*

**We can **count** on the steadfast love of God.**

**Christian **joy** is independent of our immediate circumstances.**

*Psalm 13:6, Psalm 47:6, Colossians 3:16, Revelation 5:13*



“Leading people to become believers and passionate followers of Jesus Christ.”