

MESSAGE NOTES | APRIL 25



In the Midst of Despair

Psalm 42 & 43, p. 391

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Lead Pastor

Psalm 42 & 43 show us the benefit of despair (that feeling of hopelessness). When despair comes, as it surely will, I need to let my despair:

1. Make me **thirsty** for God (Psalm 42:1-4).
2. Make me **challenge myself** (Psalm 42:4-5, 11; 43:5).
3. Make me remember what God **has done for me** (Psalm 42:6).
4. Make me honestly cry out to God (Psalm 42:2-4, 9-10; 43:1-3).
5. Make me **declare the source** of my hope (Psalm 42:5, 11 & 43:3-5).

THE **ONE THING**: **Turn despair on its head, anchor up!**

NEXT STEPS

- Memorize Hebrews 6:19.
- Identify your "Mount Hermon" and "Mount Mizar."
- Have the conversation.
- Anchor up!

DISCOVERY QUESTIONS FOR FAMILY OR GROUP DISCUSSION

Check-In: Since we last met, how did your "I will..." and sharing go?

1. What are you thankful for? What challenge or stress are you facing? Do you know anyone who needs help at this time? As a group, how can we help?
2. Read **1 SAMUEL 30:1-19** together (at least twice), and take turns retelling it in your own words as if sharing with a friend who isn't here.
3. What stands out to you and why? What do these verses tell us about God? What do these verses tell us about humanity/about us?
4. If this is God speaking, how will you apply it to your life?
(Share a specific: "I will...")
5. Who will you share with before we meet again?
*(Name a specific person you plan to **share with**.)*

*If you'd like to learn more about the discovery group process, connect with **marcus@oakwoodnow.org***