

A MESSAGE SERIES
ABOUT
OVERCOMING
MENTAL STRESS

DISTRESSED
DISTRESSED

HOPELESSNESS

4





THE 4 AREAS OF MENTAL STRESS

1. Isolation / Loneliness
2. Anxiety / Worry

3. Stress / Anger
4. Hopelessness / Loss of identity



HOPELESSNESS

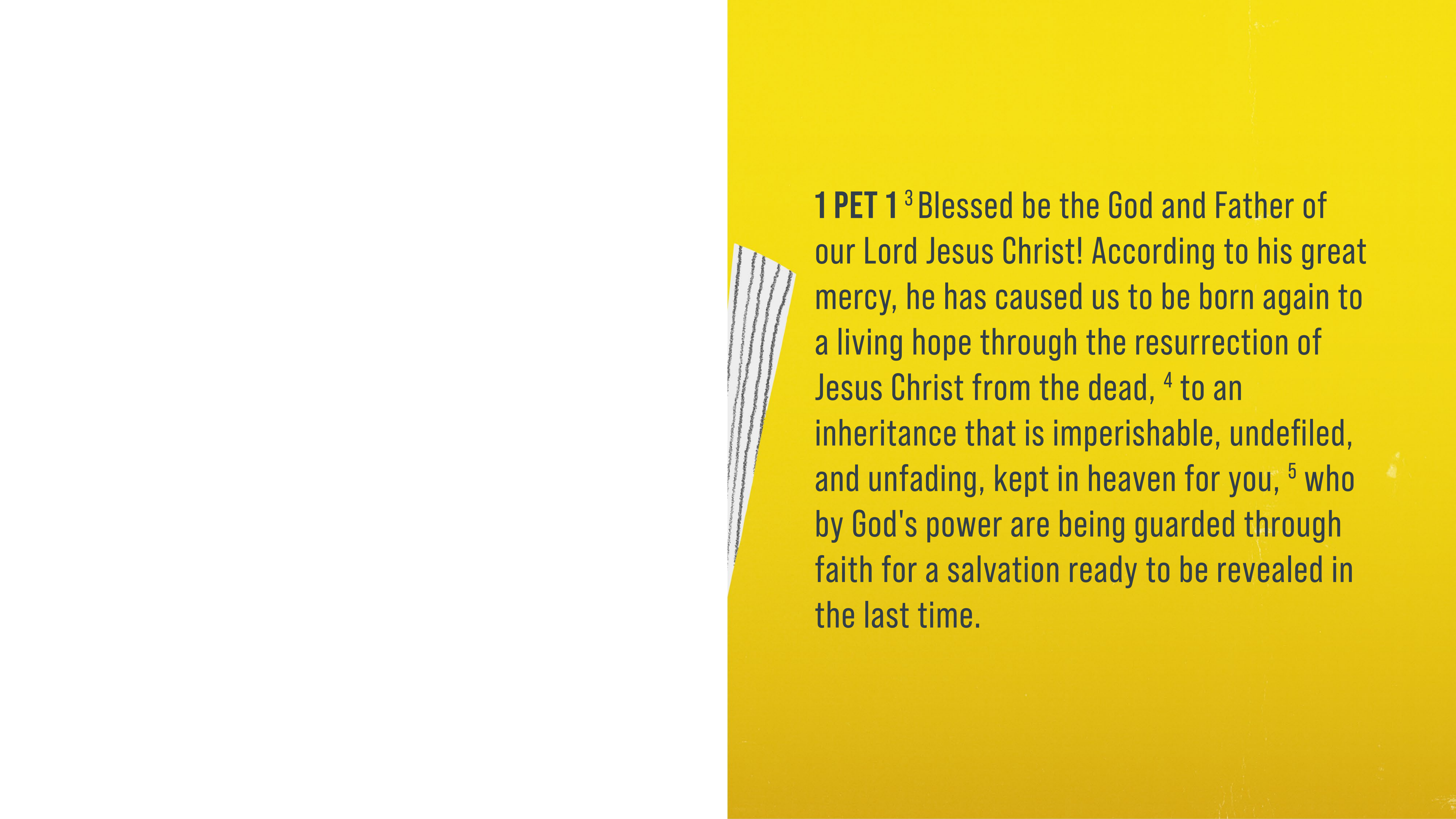
Definition

- A feeling or state of despair
- An emotion characterized by a lack of hope, optimism, and passion
- Often have no expectation of future improvement or success

1 PET 1 ¹³ Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ

**HOPE CAN APPEAR
IN 3 CATEGORIES**

- 1. I wish**
- 2. I believe it should**
- 3. I am sure, beyond the shadow of doubt**



1 PET 1 ³ Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, ⁴ to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, ⁵ who by God's power are being guarded through faith for a salvation ready to be revealed in the last time.



PETER'S JOURNEY WITH HOPE

THE BIBLE PAINTS
THE QUALITY OF HOPE IN GOD
(the God kind of HOPE)

- Rom 15:13 - Abundant Hope
- Col 1:27 - Glorious Hope
- Tit 2:13 - Blessed Hope
- Heb 7:19 - Better Hope
- Heb 10:23 - Unwavering Hope
- Heb 11:1 - Confidence
- Heb 6:19 - Anchoring Hope



HEBREWS 6 ¹⁹ We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, ²⁰ where our forerunner, Jesus, has entered on our behalf.



BE THAT COMMUNITY OF HOPE

1 PETER 3 ¹⁵ But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the **hope** that you have. But do this with gentleness and respect,

ROM 15¹³ May the God of **hope** fill you with all joy and peace as you trust in him, so that you may overflow with **hope** by the power of the Holy Spirit.

