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The Shadow of Despair

Two Drivers of Despair:

- Unchecked Desires: James4:1-3
Progression of Despair:
 - Desire
 - Disappointment
 - Demands
 - Death
- Misguided Telos: The Wrong Aim—Ecclesiastes 2:1-11



4 Tools to Fight Despair: Psalm 57 & 1 Samuel 22

1. Adjust Expectations
2. Express Distress
3. Preach to Yourself: Say & Sing the Truth of Yourself
4. Family & Friendship



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Questions

1. When has despair blocked out light in your life or (like the water) when has despair distorted your vision of the truth? What was the greatest challenge in that fight against despair?
2. How have unrealistic expectations contributed to despair in your life?
3. What's your greatest challenge in humbly expressing distress?
4. What stories do you tell yourself when in despair? How can singing or saying the truth help?



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