

# **My Soul Cries Out - Paint It Black (Despair)**



<b>Relational Movement</b>	<b>Fight Response</b>	<b>Flight Response</b>
<b>Attack (against)</b>	Anger	Fear
<b>Abandonment (away)</b>	Jealousy	Despair
<b>Love (toward)</b>	Contempt	Shame

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# Despair

- Regret
- Sadness
- Depression
- Despair



# Despair is Our Response to Abandonment and Loss

- Don't try to cover up, ignore, or super-spiritualize
- Long struggle with God
- Psalm 88



# Despair Refuses to Hope

Proverbs 13:12

Hope deferred makes  
the heart sick, but  
a longing fulfilled  
is a tree of life.

# Despair Runs From Desire and Into Loneliness

- Despair is like a blanket you pull over your head to help you escape from the desires of your heart that seem to never get fulfilled



# There is a Difference Between Ungodly Despair and Godly Despair

- Ungodly despair makes no room for God and demands an answer
- Godly despair may not see the reason for pain, but moves toward God



# Psalm 77:1-9: A Midnight Struggle

- The writer wonders if God has broken his promises





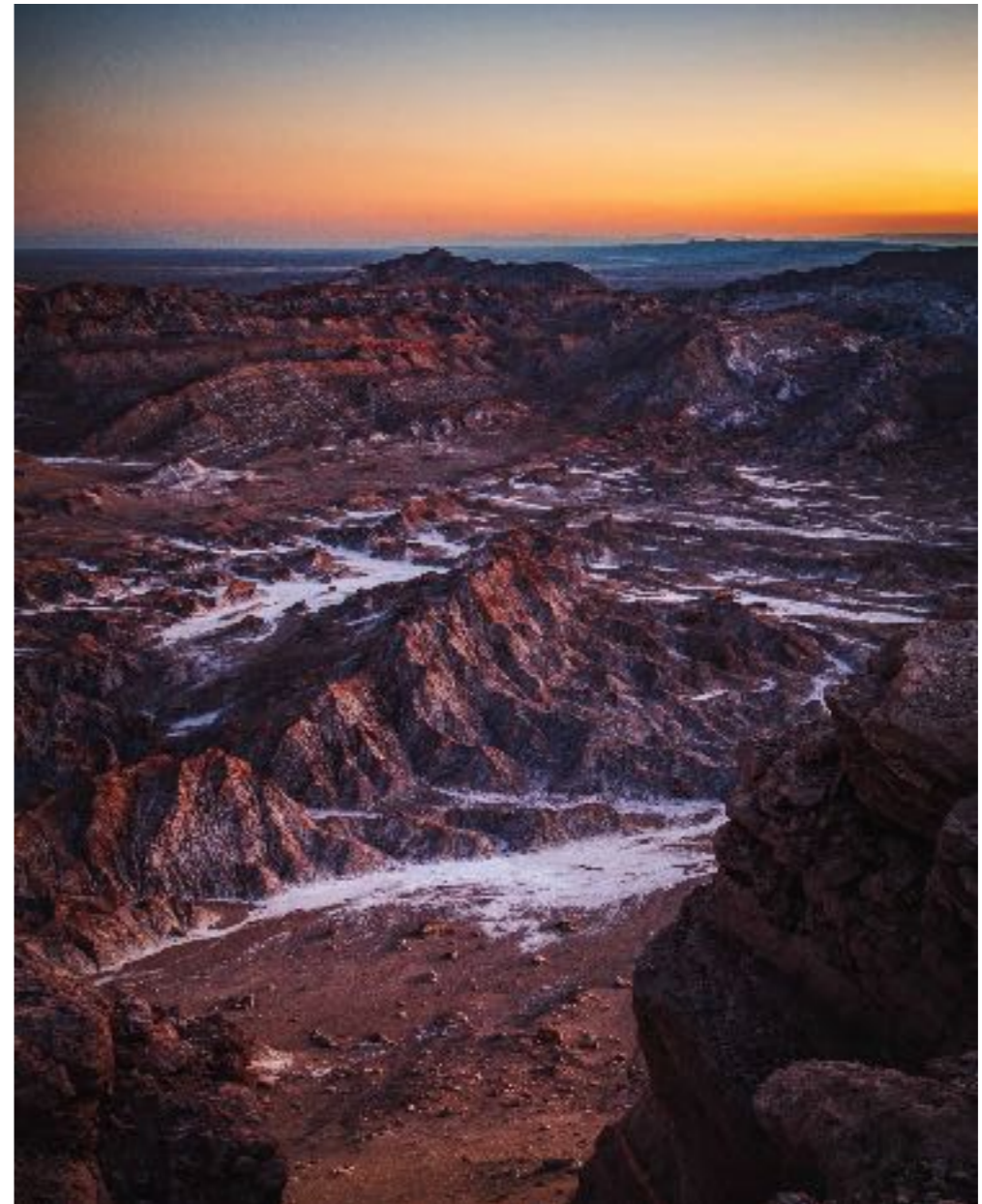
# Psalm 77:10-20: God's Defence Against Depression

- God delivered his people in the past; therefore, he can handle the present
- Memory borrows from the past as a template for the present



# God “Abandons” Us in Order to Redeem Us

- God can let us experience what it would be like to live without him

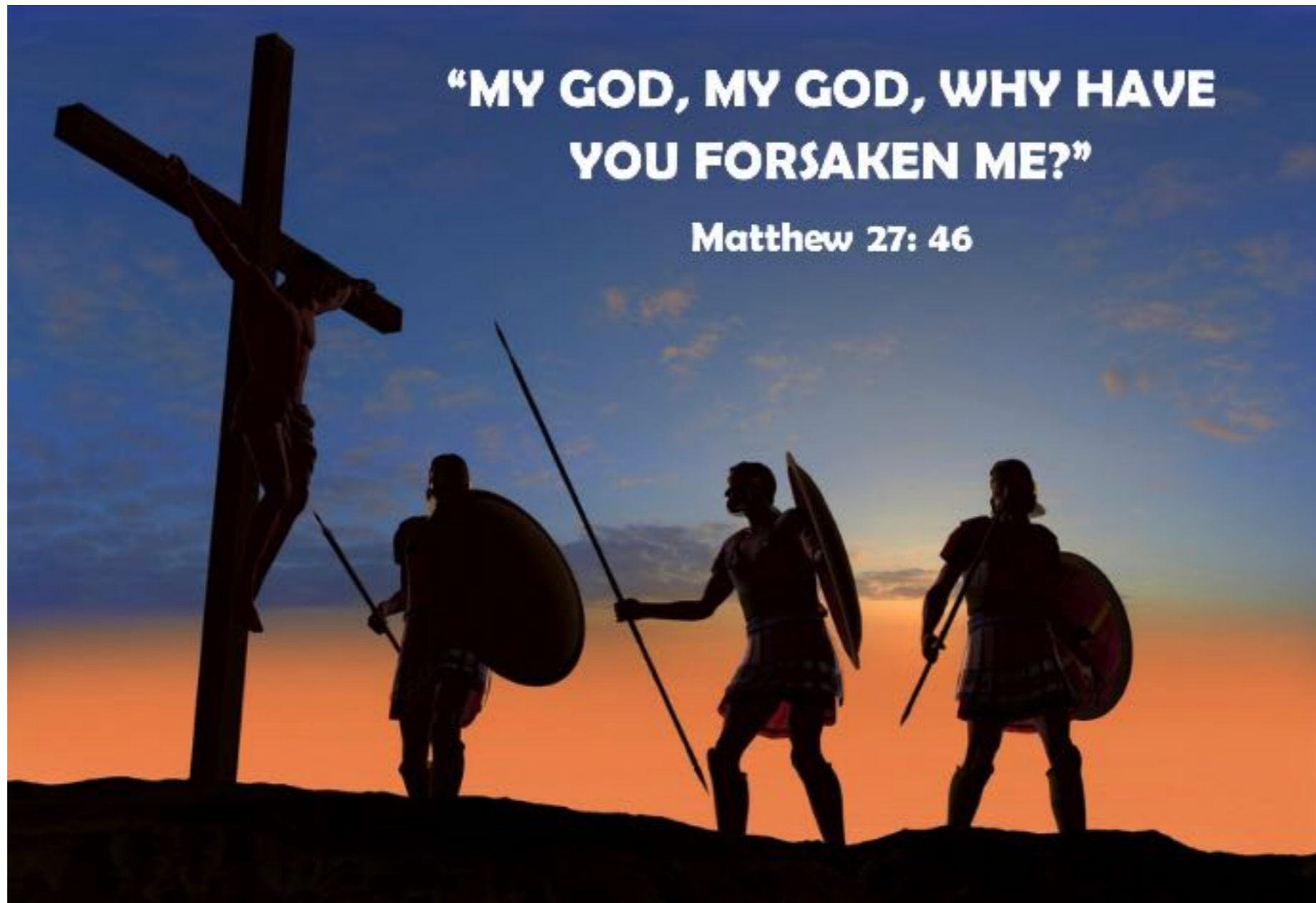


# God Gives Us a Heavenly Hope

- Hope in God assures us that though there may be crying in the night, there will be rejoicing in the morning



# Jesus Faced the Horror of Despair to Bring Redemption



**“But we do see Jesus, who was made lower than the angels for a little while, now crowned with glory and honor because he suffered death, so that by the grace of God he might taste death for everyone. In bringing many sons and daughters to glory, it was fitting that God, for whom and through whom everything exists, should make the pioneer of their salvation perfect through what he suffered.”**

*–Hebrews 2:9-10*

# Our Despair Can Bring Glory To God

- Despair exposes what we trust
- If despair can lead us to call out to God, then it can open our hearts to finding God

