

Think of Your FUTURE

Elders' Series Aug-Sept 2020

Got Hope?

Regaining hope through Psalm 62

9/6/20

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Regaining hope through Psalm 62

- 1. My choice (1-4)**
- 2. My declaration (5-8)**
- 3. My God (9-12)**



Be still, my soul: the Lord is on thy side;
bear patiently the cross of grief or pain;
leave to thy God to order and provide;
in every change, he faithful will remain.

Be still, my soul: thy best, thy heavenly Friend
through thorny ways leads to a joyful end.

Be Still My Soul
Kathrina von
Schlegel



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Hope Anchors:

- **He will never leave you.** (Heb. 13:5)
- **You won't break. He will never put you in a situation where a sinful response is the only way out.** (1 Cor. 10:13)
- **He will give you more and more grace in your battle with sin** (Phil. 1:6).
- **You can be optimistic that God can make even chaotic and disappointing situations work for good** (Rom 8:28)
- **He will make you fruitful as you abide in him.** (John 15:8)
- **His purposes will never be thwarted.** (Eph. 1:11)

Adapted from Welch, Edward T.. Depression: Looking Up from the Stubborn Darkness . New Growth Press.



- **My Rock: I'm OK with unsettling circumstances, and unresolved issues. I derive no stability from them.**
- **My Salvation: He is my deliverer. There is no Savior besides Him (Is 43:11). He will deliver me in His way and His time.**
- **My Stronghold: My eternal soul is protected by God Himself from the enemy in an elevated inaccessible place.**
- **On God my glory rests: In outcomes, it matters more to me that God shines than me.**
- **Rock Of my Strength: He is the "high rocky summit of my strength" (NET bible) and imparts strength to me to act with boldness.**
- **My Refuge: It's OK for me to stay in this unpleasant storm. I have a durable refuge in God.**



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