

Got Hope? Hope for Loneliness & Discouragement
Wylie United Methodist Church
Pastor Jeff Hatcher – January 26, 2020

Psalm 103:1-5

1 Praise the Lord, O my soul; all my inmost being, praise his holy name. 2 Praise the Lord, O my soul, and forget not all his benefits — 3 who forgives all your sins and heals all your diseases, 4 who redeems your life from the pit and crowns you with love and compassion, 5 who satisfies your desires with good things so that your youth is renewed like the eagle's.

We can overcome loneliness and discouragement if we...

1. **INTENTIONALLY FOCUS ON ETERNAL THINGS**

Colossians 3:1-2

1 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. 2 Set your minds on things above, not on earthly things.

Matthew 6:19-21

19 "Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. 20 But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. 21 For where your treasure is, there your heart will be also."

2 Corinthians 4:17-18

17 For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. 18 So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

We can overcome loneliness and discouragement if we...

2. **INTENTIONALLY PRESS INTO RELATIONSHIP WITH GOD**

James 4:8

Draw near to God and he will draw near to you...

Matthew 6:33

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Matthew 11:28-30

[Jesus said] 28 "Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light."

Galatians 5:1

1 It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

We can overcome loneliness and discouragement if we...

3. **INTENTIONALLY SEEK TO SERVE OTHERS**

John 13:12, 15, 17

12 When [Jesus] had finished washing [the disciples] feet... [he said to them]... 15 "I have set you an example that you should do as I have done for you. 17 Now that you know these things, YOU WILL BE BLESSED IF YOU DO THEM."

Philippians 2:3-9

3 Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. 4 Each of you should look not only to your own interests, but also to the interests of others. 5 Your attitude should be the same as that of Christ Jesus: 6 Who, being in very nature God, did not consider equality with God something to be grasped, 7 but made himself nothing, taking the very nature of a servant, being made in human likeness. 8 And being found in appearance as a man, he humbled himself and became obedient to death — even death on a cross! 9 Therefore God exalted him to the highest place and gave him the name that is above every name.