

Got Hope? Hope for Fear & Depression

Wylie United Methodist Church

Pastor Jeff Hatcher – February 2, 2020

Psalm 42:5-6

5 Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and 6 my God. My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon — from Mount Mizar.

We can overcome fear & depression if we...

1. PUT OUR TRUST IN GOD

Psalm 42:5

Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God...

Proverbs 3:5

Trust in the Lord with all your heart and lean not on your own understanding;

Hebrews 13:5-6

5 ... God has said, "Never will I leave you; never will I forsake you." 6 So we say with confidence, "The Lord is my helper; I will not be afraid. What can man do to me?"

John 14:27

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Psalm 34:4

I sought the Lord, and he answered me; he delivered me from all my fears.

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2. PRAISE GOD

Psalm 42:5-6

5 Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and 6 my God...

Philippians 4:4-7

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

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3. REMEMBER GOD'S PAST FAITHFULNESS

Psalm 42:6

... My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon — from Mount Mizar.

Isaiah 43:1-3a

1 But now, this is what the Lord says — he who created you, O Jacob, he who formed you, O Israel: "Fear not, for I have redeemed you; I have summoned you by name; you are mine." 2 When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. 3 For I am the Lord, your God, the Holy One of Israel, your Savior;...

1 John 4:18

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.