

# Hope When Life Hurts: Hope for Loneliness & Discouragement

Wylie United Methodist Church

Pastor Jeff Hatcher – February 20, 2022

## Psalms 34:1-8,17-18

1 I will extol the Lord at all times; his praise will always be on my lips. 2 My soul will boast in the Lord; let the afflicted hear and rejoice. 3 Glorify the Lord with me; let us exalt his name together. 4 I sought the Lord, and he answered me; he delivered me from all my fears. 5 Those who look to him are radiant; their faces are never covered with shame. 6 This poor man called, and the Lord heard him; he saved him out of all his troubles. 7 The angel of the Lord encamps around those who fear him, and he delivers them. 8 Taste and see that the Lord is good; blessed is the man who takes refuge in him. 9-16... 17 The righteous cry out, and the Lord hears them; he delivers them from all their troubles. 18 The Lord is close to the brokenhearted and saves those who are crushed in spirit.

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.

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## 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."

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## 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.