

I. _____ for _____

A. _____

B. _____

C. _____

II. _____ Against _____

A. _____ to God

B. _____ to Yourself

1. When have you found yourself in despair? Discuss the circumstances and situations when you most frequently find yourself becoming discouraged or filled with despair?
2. When he fell into despair, the Psalmist ran to God for help. In what ways do you find it easy or hard to run to God when you are discouraged?
3. Three times in this passage, the Psalmist says, *Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.* Discuss different ways that we can preach hope to ourselves. What are some practical ways we can remind ourselves of the hope found in God's Word?
4. Often, when we are discouraged or in despair, we isolate ourselves. Discuss some ways that we can genuinely help each other when we're down or under attack.
5. Is there anything else from the message or Scripture that you would like to discuss?

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