WHAT IS DESPAIR AND IS IT A SIN?

Despair is “the complete loss or absence of ________________”

Biblical heroes such as ________________ (Psalm 69:20), ________________ (Lamentations 3:17), and ________________ (2 Corinthians 1:8) encountered despair, and by providing their examples, Scripture implies that experiencing despair is not ________________ and, therefore, not ________________.

But we need to be careful because even though ________________ with despair is not a sin, ________________ in it can be (Ephesians 2:11-12; 1 Peter 1:3).

WHAT DOES ELIJAH TEACH US ABOUT DEFEATING DESPAIR?

1. In order to defeat despair, you need to ________________ with God.
   
   (1 Kings 19:4-5a; 1 Thessalonians 5:17; Philippians 4:6; Matthew 6:8)

2. In order to defeat despair, you need to seek a time of ________________.

   (1 Kings 19:5b-8; Mark 6:31; Psalm 3:5)

3. In order to defeat despair, you need to hear a different ________________.

   (1 Kings 19:9-14, 18; Philippians 4:8; Colossians 3:2)

4. In order to defeat despair, you need to ________________ yourself with uplifting people.

   (1 Kings 19:15-21; Romans 12:15; James 5:16; Hebrews 3:13; Galatians 6:2)
MY WORSHIP NOTES

Listen and write down notes from today’s singing and sermon!

Name: _____________________ Date: __________________

Circle One: Sunday  Wednesday  Circle One: Morning  Evening

LIST THE SONGS THAT WE SANG:

WHAT SCRIPTURE WAS READ? ___________________________

WHAT WAS THE SERMON TITLE? _________________________

MAKE A MARK FOR EACH TIME YOU HEAR THESE WORDS IN THE SERMON:

<table>
<thead>
<tr>
<th>GOD</th>
<th>JESUS</th>
<th>ELIJAH</th>
<th>DESPAIR</th>
</tr>
</thead>
<tbody>
<tr>
<td>HOPE</td>
<td>REST</td>
<td>THINK</td>
<td>RELATIONSHIPS</td>
</tr>
</tbody>
</table>

WRITE DOWN THE BIBLE VERSES THAT WERE USED IN THE SERMON:

________________________________________________________________________
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DRAW A PICTURE BASED ON TODAY'S LESSON