



How God Meets Us in Our Despair

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Let us therefore draw near with confidence to the throne of grace, that we may receive mercy and may find grace to help in time of need.

Hebrews 4:16

LifeGroup Questions:

1. (Let's try it again this week!) Name the 5 causes of suffering.
2. Can you think of a time when God ministered to you directly to give you hope?
3. How did God bring Elijah from despair to hope? (See **1 Kings 19:3-14**)
4. How does God use community to help those who are losing hope? Read the following passages: **2 Timothy 1:15-18; Romans 12:10, 16; 14:19; 15:7; Galatians 5:13-15; Philippians 2:3, 4; Colossians 3:12-17; Hebrews 10:23-25.**)

Next Week: How to Help a Friend in Despair