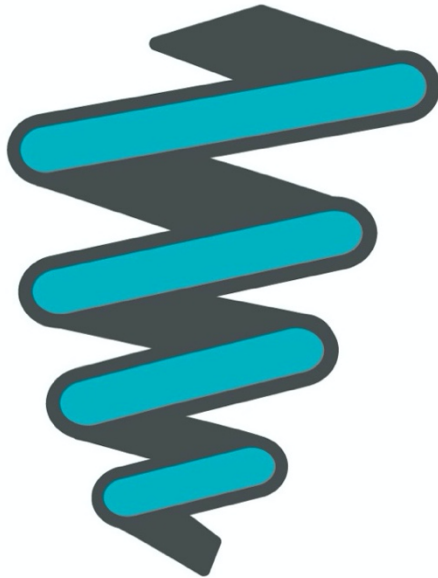


# DESPAIR

A Care + Counsel Resource

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Disappointment

Discouragement

Depression

Despair

The spiral of despair begins with a disappointment - from everyday moments to traumatic events. A natural response to disappointment is discouragement. When discouragement is not addressed, it leads to depression. Depression can spiral further into despair - feeling helpless and hopeless. *Where are you on the spiral today?*

**Despair can lead to suicidal thinking.** According to the World Health Organization, there were 703,000 suicides in 2022 - one suicide every 40 seconds. Statistics also reveal that for every suicide there are 20 attempted suicides which would be 14 million attempted suicides last year alone.

**Despair leads people to think the best way to escape their problem or end their pain is suicide.** If you are feeling suicidal or know some who is suicidal, this is what the Mayo Clinic says on their website.

*If you are feeling suicidal, but you aren't immediately thinking of hurting yourself:*

- Reach out to a close friend or loved one - even though it may be hard to talk about your feelings
- Contact a minister, spiritual leader or someone in your faith community
- Call a suicide hotline
- Make an appointment with your doctor, other health care provider or a mental health professional

Suicidal thinking doesn't get better on its own - so get help. @mayoclinic.org

*May the God of hope fill you with all joy and peace in believing so that by the power of the Holy Spirit you may abound in hope. - Romans 15:13*

**We don't need to despair - God gives joy.**

<b>Happiness</b>	<b>Joy</b>
Emotion	Attitude
External	Internal
Temporary	Consistent
About Circumstances	About Contentedness
Rooted in Self	Rooted in the Lord

**We don't need to despair - God gives peace.**

God's peace is available in disappointment, hurt, & hardship. Our lives can be a hot mess, yet we can experience peace.

There are three references to peace in the New Testament - peace from God, peace with God, and peace of God.

- *Peace from God is a greeting* - like "Shalom, peace from God." See Romans 1:7
- *Peace with God is being justified through faith in Jesus.* See Romans 5:1
- *Peace of God is the calm assurance that God is working for the good, even if I can't see it.* See Philippians 4:6-7

Most people want the peace of God, but you cannot have the peace of God without first having peace with God through faith in Jesus. This is the Gospel.

**We don't need to despair - God gives hope.**

Hope is not wishful thinking like - i.e. "I hope it doesn't rain today" or "I hope the Bears win the Super Bowl." Biblical hope is the confidence that God's promises and purposes will prevail.

The hundreds of promises in God's Word - they are credible because they are contingent on God's character and God's capacity.

God wants to give hope in abundance - so we are overflowing with hope.

**Joy, peace, and hope cannot co-exist with despair.  
Therefore, they displace and replace despair.**