

SERMON GUIDE

DEPRESSION AND DISPAIR

Psalm 88

Pastor | Pat Stream

February 16, 2025

Faith Community Church | fcchudson.com

Helping people live a gospel inspired life.

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SERMON NOTES

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OUR MISSION is to make more and better disciples of Jesus Christ.

THIS WEEK'S MEMORY VERSE (Year 1, Week 8)

Is. 65:24 (Prayer)

Before they call I will answer; while they are yet speaking I will hear.

FAITH COMMUNITY CHURCH

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## DEPRESSION AND DISPAIR

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The Conversation Guide is a great tool for individuals, families, discipleship groups and Missional Communities to take a deeper, more personal dive into the content of the current sermon series. The Conversation Guide will be posted by every Friday on the 'live' page of our website and in our weekly newsletter. We encourage you to use it this week on your own, around your dinner tables, over coffee with your friends or in your faith groups!

The Conversation Guide is built on the SOAP model, which is a tool you can use when reading the Bible. SOAP helps you be intentional about paying attention to:

**S**cripture that stands out to you while you read

**O**bservations about the verse or phrases that stood out to you

**A**pplication that connect the verses to your real life and relationships

**P**rayers that invites God to participate in your life and provide power to follow him

### Conversation Questions

**Getting to Know Me:** Would you say that you are someone with perseverance? Why or why not? Where does that come from for you?

**Note on the Study:** This study has more observations questions than a normal SOAP study. It follows the questions that were shared on the cards on Sunday. For the sake time, try to answer the questions quickly and keep the conversation going!

### Read Psalm 88

- S** What do you love most about what you just read? What verses, phrases, or words stand out to you as you read these scriptures? Is anything jumping off the page and affecting your spirit?
- O** How does the psalmist describe his emotional and physical state in Psalm 88? What specific words or phrases convey the depth of his despair?
  - What does it reveal about his heart? What is he fearing, loving or worshipping?
- O** What patterns of thought can you discern in this Psalm? Where do the Psalmist's thoughts go? Is it true?
- O** How might this situation help the Psalmist draw near to God? What will a godly response to his depression and despair look like?
- A** If God had written this passage just for you, what words, phrases or ideas would he have underlined specifically for you? What did you need to hear most? Why?
- A** When you experience feelings of deep despair or abandonment, how can you relate to the psalmist's honesty in Psalm 88? How does bringing your darkest emotions to God, even without immediate resolution, help you process pain and draw near to Him?
- P** Talk to God about your application responses above. Ask him to speak to you, help you, forgive you, and provide direction that you need.