

- God wants us to have hope.
"Put your **HOPE** in the LORD-- now and always (Psalm 131:3 NLT)."

Q1 How has your mood disorder affected your hope?

Q2 How often do you feel hopeless?

Q3 What do you hope for?

Q4 What is the difference between wishful thinking & real hope?

- God wants to revive those who are feeling low.
"For this is what the high & exalted One says--he who lives forever, whose name is holy: 'I live in a high & holy place, but also with the one who is contrite & **lowly in spirit, to revive the spirit of the lowly** & to revive the heart of the contrite. (Isa 57:15 NIV).'"

Q5 How has your mood disorder or effort to care for someone with a mood disorder humbled you?

- Hope can deliver us from feeling overwhelmed by sorrow.
"But I do not want you to be ignorant,...lest you sorrow as others who have no hope (1Thessalonians 4:13 NKJ)."
 - God promises hope.

"For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a **HOPE** (Jeremiah 29:11 NLT)."

So God has given both his **promise** and his oath. These two things are unchangeable because it is impossible for God to lie. Therefore, we who have fled to him for refuge can have great confidence as we hold to the **HOPE** that lies before us (Hebrews 6:18 NLT)."

"In the **HOPE** of eternal life, which God, who does not lie, **promised** before the beginning of time (Titus 1:2 NIV)."

- Hope can provide an anchor for our souls.
"We have this hope as an anchor for the soul, firm and secure. (Hebrews 6:19 NIV)."
- We need to believe God's promise (of hope).
"**Faith** is the confidence that what we **HOPE** for will actually happen; it gives us assurance about things we cannot see (Heb. 11:1 NLT)."
- Hope is not a feeling or mental exercise, but trusting Jesus.
"Blessed *be* the God and Father of our Lord Jesus Christ, who according to His abundant mercy has begotten us again to a living **HOPE through the resurrection of Jesus Christ** from the dead, to an inheritance incorruptible & undefiled & that does not fade away, reserved in heaven for you, who are kept by the power of God through faith for salvation ready to be revealed in the last time (1 Peter 1:3 NKJ)."

Q5 Which is stronger, a mood disorder and the despair it can bring, or God, Who is both good and almighty?

Q6 Does anyone need to confess believing the lie that their mood disorder is stronger than God (cf. contrite in Isa 57:15)?

Q7 How can we practice hope when we feel hopeless?

The Solid Rock

Edward Mote and William Bradbury

My **HOPE** is built on nothing less
Than Jesus' blood and righteousness.
I dare not trust the sweetest frame,
But wholly lean on Jesus, Name.

*On Christ the solid Rock I stand;
all other ground is sinking sand;
all other ground is sinking sand.*

When darkness seems to hide His face,
I rest on His unchanging grace.
In every high and stormy gale,
My anchor holds within the veil.

*On Christ the solid Rock I stand;
all other ground is sinking sand;
all other ground is sinking sand.*

His oath , His covenant, His blood
Support me in the whelming flood.
When all around my soul gives way,
He then is all my **HOPE** and Stay.

*On Christ the solid Rock I stand;
all other ground is sinking sand;
all other ground is sinking sand.*

When He shall come with trumpet sound,
Oh may I then in Him be found.
Dressed in His righteousness alone,
Faultless to stand before the throne.

*On Christ the solid Rock I stand;
all other ground is sinking sand;
all other ground is sinking sand.*

Mood Disorder Share and Prayer Support Group

Do you Have Hope?

Our Mission – Glorify God by serving those who suffer from a mood disorder and those who care for them

Pillar # 1

We believe that those struggling with a mood disorder should not suffer alone, but seek help from others. "Share each other's burdens (Galatians 6:2 NLT)."

A ministry of Grace Baptist Church, Bowie MD
Childcare available at no cost from 7:00 – 8:30 Tuesdays
www.gbcbowie.org