

➤ God exists.

- “In the beginning **God** created the heavens & the earth..” (Gen 1:1).
- “For ever since the world was created, people have seen the earth and sky. Through **everything God made**, they can clearly see his invisible qualities-- his eternal power and divine nature. So they have no excuse for not knowing God” (Romans 1:20).
- “Now without faith it is impossible to please God, for the one who draws near to Him **must believe that He exists and rewards those who seek Him.**” (Hebrews 11:6).

**Q1. Have you ever struggled with doubts about God's existence?**

➤ Some choose to avoid God and blame Him for their pain.

- “They do not cry out to me with sincere hearts. Instead, they sit on their couches and wail” (Hosea 7:14).
- If God exists, He could have spared me this pain.
- If God is all-powerful & in control, He is making me miserable.

**Q2. Have you ever blamed God for your pain or been mad at Him?**

➤ God is good and invites us to trust Him when we are afraid.

- “No one *is* good but One, *that is*, God” (Matthew 19:17).
- “I am leaving you with a gift-- peace of mind and heart. And the peace I give is a gift the world cannot give. **So don't be troubled or afraid**” (John 14:27).
- What is God's most frequent command (over 300 times) in the Bible?
- “Naked I came from my mother's womb, and naked I will depart. The LORD gave and the LORD has taken away; may the name of the LORD be praised.” (Job 1:21)

➤ Jesus shared in our suffering.

- “He was despised and rejected-- a man of sorrows, acquainted with deepest grief. We turned our backs on him and looked the other way. He was despised, and we did not care” (Isaiah 53:3).
- “But it was the LORD's good plan to crush him and cause him grief. Yet when his life is made an offering for sin, he will have many

descendants. He will enjoy a long life, and the LORD's good plan will prosper in his hands” (Isaiah 53:10).

- “God, for whom and through whom everything was made, chose to bring many children into glory. And it was only right that he should make Jesus, through his suffering, a perfect leader, fit to bring them into their salvation” (Hebrews 2:10).
- “Jesus said, ‘**Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.**’” (Matt. 11:28-29)

➤ God wants us to call upon Him for help.

- “Is anyone thirsty? Come and drink-- even if you have no money! Come, take your choice of wine or milk-- it's all free! Why spend your money on food that does not give you strength? Why pay for food that does you no good?” (Isaiah 55:1-2).
- “Everyone who calls on...the LORD will be saved” (Rom 10:13).

**Q3. Have you called on the Lord to save you? If so, when and where?**

➤ Followers of Jesus, saved people, may still feel alone.

- “O LORD, how long will you forget me? Forever? How long will you look the other way?” (Psalm 13:1)

➤ Count on God's promised presence.

- “Do not be afraid, for **I am with you**; I will bless you” (Gen 26:24).

➤ “Be strong and courageous. Do not be afraid or terrified, for **the LORD your God goes with you**; he will never leave you nor forsake you” (Deuteronomy 31:6).

➤ “God has said, ‘**Never will I leave you**; never will I forsake you.’ So we say with confidence, ‘The Lord is my helper; I will not be afraid.’” (Hebrews 13:5-6)

➤ Cast your burdens on the Lord (Psalm 55:22; 1 Pet 5:7).

## Prayer Requests

## Mood Disorder Share and Prayer Support Group

- 1.
- 2.
- 3.
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- 12.

### Connect with God

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

#### **Pillar #3**

**We believe that God cares and is ready to help all those who call upon Him. “Everyone who calls on the name of the LORD will be saved (Romans 10:13 NLT).”**

A ministry of Grace Baptist Church, Bowie MD  
Childcare available at no cost from 7:00-8:30 PM Tuesdays

[www.gbcbowie.org](http://www.gbcbowie.org)