

What to do when Life Feels Hopeless

Jonah 2:1-10

Pastor Bobby Garvin

Seven Steps to Hope

- When you hit rock bottom, look up to God (Vs. 1)

- Pray passionately with emotions (Vs. 2)

- Identify the cause of my hopelessness (Vs. 3-6)
 1. Feeling I am in over my head
 2. Feeling I have hit rock bottom
 3. Feeling out of control and powerlessness
 4. Feeling overwhelmed
 5. Feeling rejected or lonely
 6. Feeling remorse and regret
 7. Feeling crushing fear
 8. Feeling Trapped

- Ask God for specific help (Vs. 2b)
- Focus on the goodness of God (Vs. 7)
- Reject false fixes and accept God's grace (Vs. 8, 6b)
- Express gratitude to God in advance (Vs. 9)
 1. Singing (Vs. 9a)
 2. Giving back to God (Vs. 9b)
 3. Through reconnecting to my mission (Vs. 9c)