

What to do when Life Feels Hopeless

Jonah 2:1-10

Pastor Bobby Garvin

Seven Steps to Hope

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

- Pray _____ with emotions (Vs. 2)

- Identify the _____ of my hopelessness (Vs. 3-6)
 1. Feeling I am in over my _____
 2. Feeling I have hit rock _____
 3. Feeling out of _____ and powerlessness
 4. Feeling _____
 5. Feeling _____ or lonely
 6. Feeling _____ and regret
 7. Feeling _____ fear
 8. Feeling _____

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