



# Comfort in Chaos

*Week 7: Comfort for the Discouraged | Teacher: Libin Abraham  
Sermon Questions for 7/18/2021*

## Opener

What have you found to be helpful for you in seasons of discouragement?

## Read

Psalm 42-43; John 21; Psalm 139:7-12

## Main Points

Spiraling Down into Discouragement

1. Change that Results in Loss
2. Wounding Words from Others
3. Disappointments without Relief
4. Overwhelmed by Uncontrollable Emotions

Spiraling Up with Hope

1. God meets you at the bottom
2. Speak to yourself more than you listen to yourself
3. Envision a tomorrow that is better than today

## Engage with God in a Group

- What has been your thought about why people of faith could still struggle with discouragement and depression?
- When was the last time you cried out to God, "I just need a break!"?
- How would you describe the typical thoughts that run through your mind on a regular day? Would you say they are mostly true, mostly false, or a mixture of the two?
- Why are the negative thoughts and lies that run through our mind so difficult to refute?
- How might God want to encourage someone through you?

## Bottom Line

The road from despair and discouragement isn't linear, and God is with you every step of the way to bring you into hope.