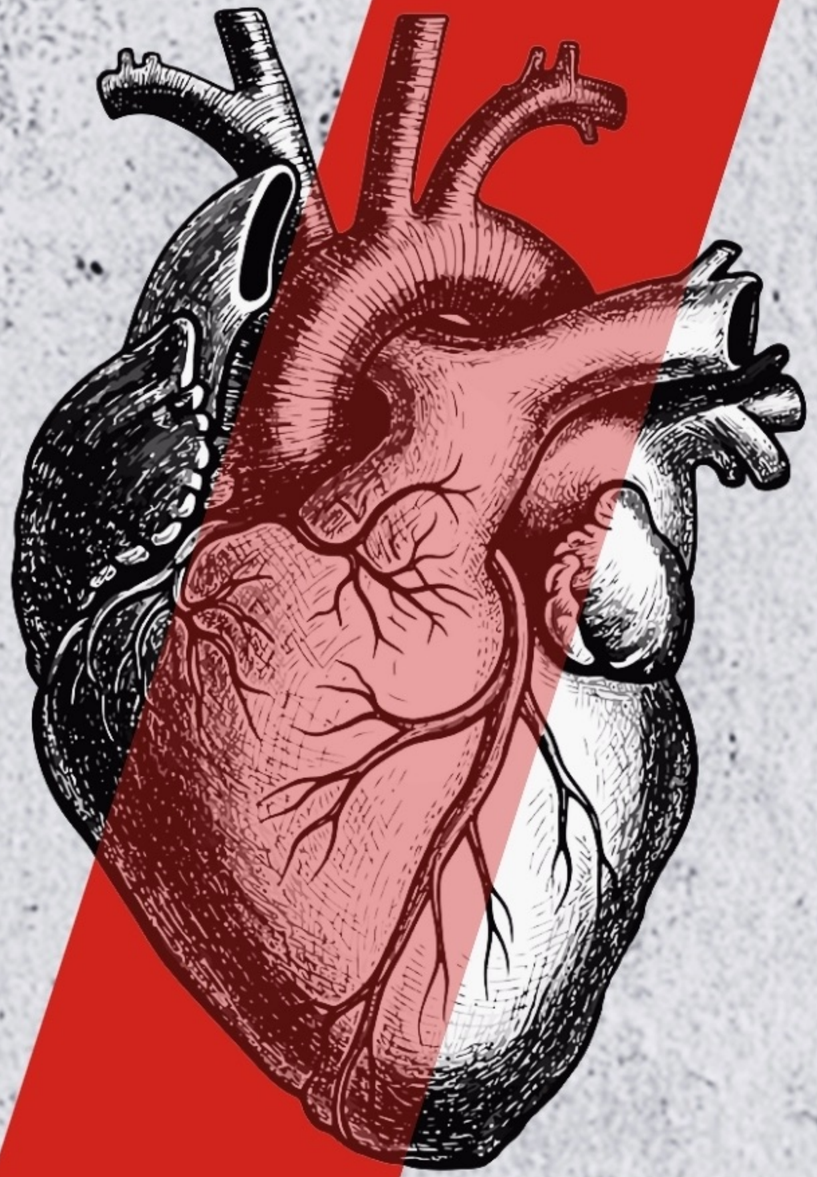


WHAT RULES YOU?

STEWARDING THE HEART

2 Corinthians 1:3–11

WHAT RULES YOU?

STEWARDING THE HEART

Despair - The functional loss of hope that stems from failing to entrust yourself to God.

WHAT RULES YOU?

STEWARDING THE HEART

1. Despair is a struggle common to man

WHAT RULES YOU?

STEWARDING THE HEART

1 Kings 19:1-4

Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, “So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow.”

WHAT RULES YOU?

STEWARDING THE HEART

Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there.
But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O LORD, take away my life, for I am no better than my fathers."

WHAT RULES YOU?

STEWARDING THE HEART

1 Corinthians 10:13

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

WHAT RULES YOU?

STEWARDING THE HEART

Despair - The functional loss of hope that stems from failing to entrust yourself to God.

WHAT RULES YOU?

STEWARDING THE HEART

1. Despair is a struggle common to man
2. Despair is a result of disordered desires

WHAT RULES YOU?
STEWARDING THE HEART

1. **Despair is a struggle <u>common</u> to <u>man</u>**
2. **Despair is a result of <u>disordered</u> <u>desires</u>**

You do not have to remain stuck in despair!

WHAT RULES YOU?

STEWARDING THE HEART

1. Despair is a struggle common to man
2. Despair is a result of disordered desires
3. God has made a way for victory over despair

WHAT RULES YOU?
STEWARDING THE HEART

2 Corinthians 1:9-10

Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead. He delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will deliver us again.

WHAT RULES YOU?

STEWARDING THE HEART

2 Corinthians 4:7-18

WHAT RULES YOU?

STEWARDING THE HEART

What might God do in and through you if you were to adopt the same way of life?

- Think of the people who would see and hear of God's grace through your testimony.
- Consider the peace and joy that would be yours as you learn to hope in Christ rather than temporary, created things.
- Those emotional swings that are so common when you despair become tempered by the realization that these are "light, momentary afflictions" in comparison to the "eternal weight of glory beyond all comparison".

WHAT RULES YOU?

STEWARDING THE HEART

What might God do in and through you if you were to adopt the same way of life?

- You could experience an unshakeable hope, even when the immediate future is uncertain, because your ultimate future is secure.
- Your focus could be on doing good to others by sharing the compassion and comfort that you've received.
- Your own faith would be greatly strengthened as you direct your attention to the Lord rather than the things you fear.

WHAT RULES YOU?

STEWARDING THE HEART

2 Corinthians 12:7-10

WHAT RULES YOU?

STEWARDING THE HEART

1. Despair is a struggle common to man
2. Despair is a result of disordered desires
3. God has made a way for victory over despair
4. You must keep your heart by overcoming despair biblically

WHAT RULES YOU?

STEWARDING THE HEART

4. You must <u>keep</u> your <u>heart</u> by overcoming anxiety biblically

- Learn from Paul's example and identify where we have misplaced our hope.
  - Confessing it as a misplaced hope.
  - Asking God for help in entrusting it to Him.

WHAT RULES YOU?

STEWARDING THE HEART

4. You must keep your heart by overcoming anxiety biblically

- Trust God in the present by looking at his past faithfulness.
  - Keep a thankfulness journal.
  - Practice memorizing Scripture.

WHAT RULES YOU?

STEWARDING THE HEART

Psalm 121:1-2

I lift up my eyes to the hills.
From where does my help come?
My help comes from the LORD,
who made heaven and earth.

WHAT RULES YOU?

STEWARDING THE HEART

Psalm 46:1-3, 10-11

God is our refuge and strength,
a very present help in trouble.
Therefore we will not fear
though the earth gives way,
though the mountains be moved
into the heart of the sea,
though its waters roar and foam,
though the mountains tremble at its swelling.
Selah

WHAT RULES YOU?

STEWARDING THE HEART

“Be still, and know that I am God.
I will be exalted among the nations,
I will be exalted in the earth!”
The LORD of hosts is with us;
the God of Jacob is our fortress. Selah

WHAT RULES YOU?
STEWARDING THE HEART

Psalm 118:5

Out of my distress I called on the LORD;
the LORD answered me and set me free.

WHAT RULES YOU?

STEWARDING THE HEART

1 Peter 1:3-9

WHAT RULES YOU?

STEWARDING THE HEART

James 4:7-8

Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.

WHAT RULES YOU?

STEWARDING THE HEART

1 Peter 5:8-11

Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.

WHAT RULES YOU?

STEWARDING THE HEART

And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. To him be the dominion forever and ever. Amen.

WHAT RULES YOU?

STEWARDING THE HEART

4. You must <u>keep</u> your <u>heart</u> by overcoming anxiety biblically

- Invite others in.

WHAT RULES YOU?

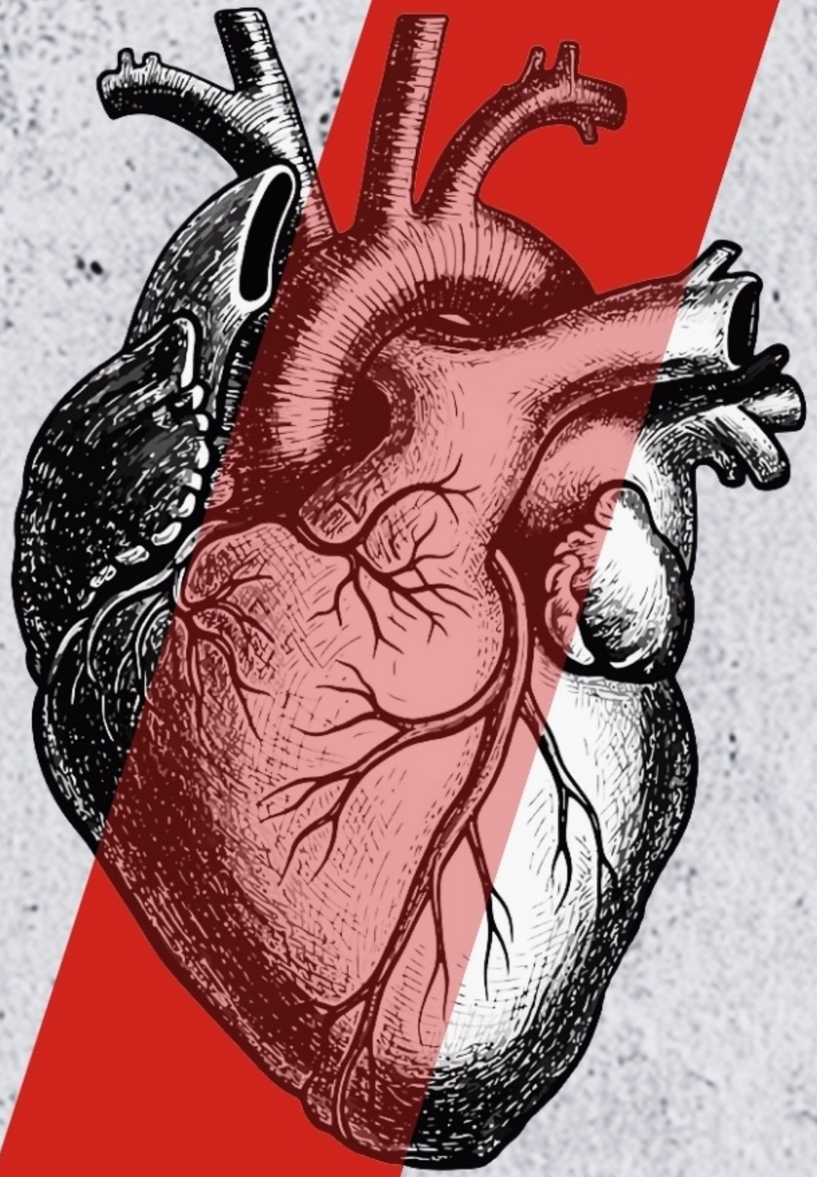
STEWARDING THE HEART

2 Corinthians 1:11

You also must help us by prayer, so that many will give thanks on our behalf for the blessing granted us through the prayers of many.

WHAT RULES YOU?

STEWARDING THE HEART



WHAT RULES YOU?

STEWARDING THE HEART