



## SESSION 8: FEELINGS OF HOPELESSNESS

### 1—STRONG IN WEAKNESS?

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Read 2 Corinthians 12:9-11 to see how we should feel about weakness.

Jackie doesn't think much of herself. She's not athletic and doesn't get good grades. Her older brothers and sisters have always been successful in school, so she feels like she is not good enough. She thinks that if she were gone, nobody would miss her. She has thought about suicide many times.

What Jackie forgets is that she is an incredible artist and a great friend. She is kind and caring, and people love to be around her. Sadly, instead of focusing on the things she is good at doing and the amazing person she is, she compares herself to others and allows those feelings to get her down.

What does Paul say about weakness and power in 2 Corinthians 12:9?

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In verse 10, why do you think the apostle Paul could say he actually “delighted” in weakness?

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God made each of us unique, and the way He thinks about us is so different from the world! The world says we need to be strong and good at everything, but God says we need to be weak and rely on Him for strength. He wants to use our weaknesses—not to make us upset, but to teach us to trust Him.

## 2—WE SHALL OVERCOME

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Feeling a bit stressed? See what Jesus says to do about it in John 16:33.

According to this verse, what does Jesus promise?

- ☐ That He has overcome the world, so we will never have problems.
- ☐ That we will have trouble in this world, so need to plan carefully.
- ☐ That we will overcome the world and cause some trouble.
- ☐ That He will give us peace when we turn to Him.

What do you think Jesus means when He says that He has “overcome the world?” How can this help you?

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After reading this verse, what could you tell someone who is feeling hopeless and considering taking his or her own life?

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We are all going to have tough times in life. Sorry, but it’s a fact! Sometimes it might feel as if the hard times will never end, but that’s not the truth. Jesus has promised to be with us and help us in times of trouble. So today, put your concerns on Him, and trust that He will help you!

## 3—NEVER GIVE IN!

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What are three ways to get through a tough time? Read Romans 12:12.

In 1941, Great Britain was in a hopeless situation. One year before the Germans had invaded France, and it appeared that Great Britain was next. The Germans were conducting bomb-

ing raids that were causing great damage and taking the lives of innocent people. Winston Churchill, the prime minister, could have easily given up.

But instead, Churchill urged his people to fight, even in the face of overwhelming odds. On October 29, he delivered a speech at Harrow School in London in which he said, “Never give in. Never give in. Never, never, never, never—in nothing, great or small, large or petty—never give in, except to convictions of honor and good sense. . . . Never yield to the apparently overwhelming might of the enemy.”

Have you ever thought a situation was hopeless? Why was it so hopeless?

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How did you find the strength to continue on? How did God help you?

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What does Paul say about never giving up in Romans 12:12?

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Whenever we feel hopeless, we have to remember that we have someone on our side who is bigger than any problem we will face. So instead of worry today, spend the next 83 seconds thanking God for the hope He’s given you!

## 4—GOD IS WITH YOU

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Does God sing? Turn in you Bible to Zephaniah 3:17 to find the answer.

What does this verse say that God will do when you are in a tough spot?

- ☐ Rejoice over your situation
- ☐ Be with you and save you
- ☐ Rebuke and say you must have done something wrong
- ☐ Take delight in your misery

This verse describes God as a “Mighty Warrior.” What does this tell you about His power to help you?

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How has God saved you in the past? How has that given you hope for the future?

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Always remember that no matter what you are facing, God will always be there. Time and again we read in the Bible of how He saved people who were in bad situations. He can do the same for you. Never lose hope!