

What to Do in Times of Despair

Pastor Jeff Thompson | Psalm 130

**1. When have you been in a season of trial or waiting where you have felt “in the depths?”
What did that feel like to you? What was the outcome of it?**

2. Do you find it easy or difficult to quickly call to the Lord when things are difficult? Why?

3. What are the reasons that God can be trusted when we are in a season of waiting?

4. What’s your story of how you first believed in Jesus for salvation?

**5. What are some verses or passages of Scripture that you have found to be encouraging
during difficult times?**

**6. In what ways have you found other believers to be helpful to you when you are
in difficult seasons?**
