

Spiritual Care Message with Prayer

WHY ARE YOU CAST DOWN, O MY SOUL: (Psalm 43:5)

Hopelessness paralyzes thought and action. It deadens clear sight and judgment, while Hope renews and clears judgment, incites incentive and action. This is why the enemy of our lives desires us to move into hopelessness. He does this in the following ways:

1. He tempts us to focus our present and future in a human frame of reference. He tempts us to forget God with all His attributes. He tempts us to forget that God is God and we are not. He gives us his suggestions excluding the plan and power of God.
2. He tempts us to believe that other things are final, rather than God. He continually offers a view that says God does not care, is not seeing or listening, is powerless and not involved in our personal lives.
3. He denies the reward of faith, opens us to agitation rather than peace as we wait for God to respond and act, plants suspicion of God's intentions for good. He causes us to have dark doubts of God's existence. He is persistent when he notes we are listening to him.
4. Satan has been doing these things for centuries and knows he is often effective since hopelessness has a major bearing on the work of Christ Jesus in our world...it is one of his choice tools as an enemy.

What does God's Word say? **HOPE in God!**

Head for the Psalms, dear friends: Psalm 42 and Psalm 62

With Prayer:

Father, for whatever reason I am feeling personally hopeless, some reasons being understood, such as personal sins and an unrepentant heart, sins of all kinds that have separated me from you, or bodily affects, or circumstances of my present, personal world over which I have no control keep me from rehearsing these to myself and others, which only succeeds in increasing my feeling of hopelessness. Instead, Shepherd of my soul, speak to me in my inner self about your absolute power to forgive and redeem, to heal and restore, to work in all circumstances those happenings that will balance and correct, right wrongs, bless and keep. Help me to know that I am held in the hollow of your hand, that your love never ends for any reason, and I am your child. Show me what I need to see clearly and restore to me the joy of your salvation and the contentment of your presence. Give me victory over the darkness of my soul. Help me to look to Jesus, author & finisher of my faith. In place of hopelessness, fill me with your light. Amen

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