

For God took the sinless Christ and poured into him our sins. Then, in exchange, he poured God's goodness into us! 2 Corinthians 5:21 (TLB)

Easter reminds us:

- God is **present** in our emotional crisis.

I will lie down in peace and sleep, for though I am alone, O Lord, you will keep me safe. Psalm 4:8

Our crisis condition doesn't **correct** itself.

- Despair will leave you **hopeless**.

I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. John 14:27 (NLT)

A very large crowd spread their cloaks on the road, while others cut branches from the trees and spread them on the road. The crowds that went ahead of him and those that followed shouted, "Hosanna to the Son of David!" "Blessed is he who comes in the name of the Lord!" Matthew 21:8-9 (NIV)

- Despair (generally) is the result of many **encounters of loss** that have not been dealt with.

21 But here at this table, sitting among us as a friend, is the man who will betray me....23 The disciples began to ask each other which of them would ever do such a thing. Luke 22:21,23 (NLT)

"Simon, Simon, Satan has asked to sift each of you like wheat. But I have pleaded in prayer for you, Simon, that your faith should not fail. So when you have repented and turned to me again, strengthen your brothers." Luke 22:31-32

When it comes to a crisis mode:

- An emotional crisis can be related to the **spiritual battle** we're in.

..."I will never leave you nor forsake you." Hebrews 13:5b

For I am convinced that nothing can ever separate us from his love... Romans 8:38a

- In our spiritual battle, we have **protection**.

- Don't waste your **pain**.

Peter said, "Lord, I am ready to go to prison with you, and even to die with you." Luke 22:33

- Despair can arise when our **actions** do not align with our desires.

I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate. Romans 7:15 (NLT)

Don't be so naive and self-confident. You're not exempt. You could fall flat on your face as easily as anyone else. Forget about self-confidence; it's useless. Cultivate God-confidence. 1 Corinthians 10:12 (Msg)

Jesus said, "Peter, let me tell you something. Before the rooster crows tomorrow morning, you will deny three times that you even know me. Luke 22:34

... And Peter left the courtyard, weeping bitterly. Luke 22:62

- Despair puts a **period** where God has placed a **comma**.

Simon Peter said, "I'm going fishing." "We'll come, too," they all said. So they went out in the boat, but they caught nothing all night. John 21:3

At dawn Jesus was standing on the beach, but the disciples didn't recognize him. John 21:4

- Jesus always shows up in our **crisis**.

How Jesus reaches us in our crisis mode:

- Jesus reminds us that **He can do** what we cannot.

He said, "Throw the net off the right side of the boat and see what happens." They did what he said. All of a sudden there were so many fish in it, they weren't strong enough to pull it in. John 21:6

- Jesus calls us to honestly establish **our love for Him**.

Simon, Do you love me? John 21:15

- Jesus tells us to take our **eyes off of others** and follow Him.

Then he said to Peter, "Follow me!" ...Peter turned and saw Jesus' favorite disciple following them... When Peter saw this disciple, he asked Jesus, "Lord, what about him?" John 21:19-21



Questions that can be used in Connection Groups:

These questions also work well for personal time with God.

- What scripture and/or point spoke most to you from the Talk on Sunday? Explain.
- Note: Mental health can be a difficult and deeply personal issue to talk about. If you're not in a place where you feel comfortable to share your journey please feel no pressure to share.
- How can we as a church be a greater support to people struggling with despair?
- Have you struggled with feelings of hopelessness? Do you feel the church should be a safe place to discover healing? Why do you feel this way?
- In your own words, considering all the activities of the final week leading to Jesus' crucifixion, how would you describe their emotional condition?
- Do you believe that an emotional crisis can be part of our spiritual battle (though not exclusively related to our spiritual battle)?
- What are some reasons we experience despair? What causes you to have feelings of hopelessness?
- How does Easter give us hope in times of despair?
- Why do we need to know that Jesus shows up in times of emotional crisis?
- When Jesus provided the net full of fish, how might that have helped their emotional condition?
- Why was it important for Peter to declare his love for Jesus three times?

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Opportunities to experience community:

THE Quest & THOMAS ELEMENTARY
Free Grocery Giveaway!



VOLUNTEERS NEEDED
SIGN-UP SHEET IN THE COURTYARD

Saturday, May 17th
11am Prep / Noon -1:30p Food Giveaway

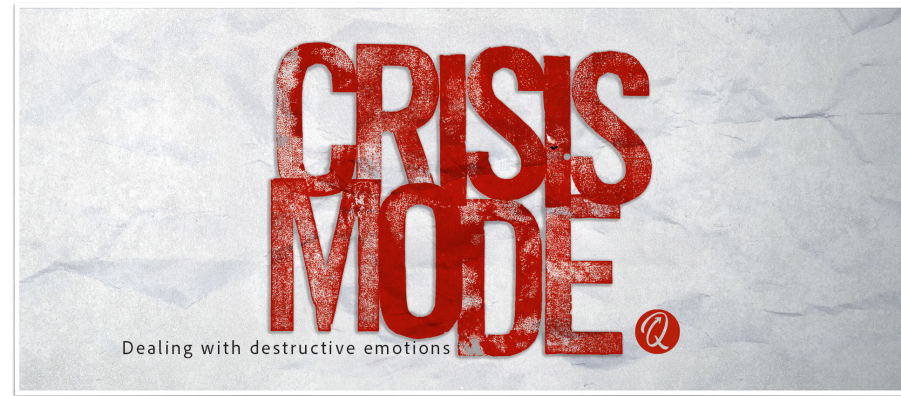
Next Sunday is
Easter!



**Bring the family
& invite
your friends!**



Today's Talk..



Dealing with Despair

Sunday, April 13th, 2025

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