



re:garding Him Women's Conference 2018

Real Talk About Depression and Anxiety | Wendy Foulke

May the God of **hope** fill you with all joy and peace as you trust in him, so that you may overflow with **hope** by the power of the Holy Spirit. Romans 15:13

Why are you in despair, O my soul?
And why have you become disturbed within me?
Hope in God, for I shall again praise Him
For the help of His presence. Psalm 42:5

Romans 5:1-5

Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have obtained our introduction by faith into this grace in which we stand; and we exult in **hope** of the glory of God. And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, **hope**; and **hope** does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.

HOPE is the answer!

H _____

O _____ in _____

P _____

E _____ on _____

Psalm 42

¹As the deer pants for the water brooks,
So my soul pants for You, O God.

²My soul thirsts for God, for the living God;
When shall I come and appear before God?

³My tears have been my food day and night,
While *they* say to me all day long, "Where is your God?"

⁴These things I remember and I pour out my soul within me.
For I used to go along with the throng *and* lead them in procession to the house of God,
With the voice of joy and thanksgiving, a multitude keeping festival.

⁵Why are you in despair, O my soul?
And *why* have you become disturbed within me?
Hope in God, for I shall again praise Him
For the help of His presence.

⁶O my God, my soul is in despair within me;
Therefore I remember You from the land of the Jordan
And the peaks of Hermon, from Mount Mizar.

⁷Deep calls to deep at the sound of Your waterfalls;
All Your breakers and Your waves have rolled over me.

⁸The LORD will command His lovingkindness in the daytime;
And His song will be with me in the night,
A prayer to the God of my life.

⁹I will say to God my rock, "Why have You forgotten me?
Why do I go mourning because of the oppression of the enemy?"

¹⁰As a shattering of my bones, my adversaries revile me,
While they say to me all day long, "Where is your God?"

¹¹Why are you in despair, O my soul?
And why have you become disturbed within me?
Hope in God, for I shall yet praise Him,
The help of my countenance and my God.