

## Day 10 - Devotion

### All In - Overcoming Hopelessness

Hopelessness is a state of mind characterized by a lack of hope or optimism. It is a feeling of despair or resignation, often accompanied by a belief that things will never improve or change for the better. Hopelessness can be a result of various factors, such as personal circumstances, traumatic experiences, or a sense of helplessness in the face of challenges. It can significantly impact a person's mental and emotional well-being, leading to feelings of sadness, apathy, and a loss of motivation. In the Scriptures, hopelessness means a state of despair, having no expectation of a favorable outcome. In many instances, it is synonymous with depression.

As you read the above definition, do you think God wants us to be hopeless? No, of course not! You might be asking why hopelessness is in the Bible? 1. As previously stated, the Bible covers everything we might face. 2. In the Bible, some people faced hopelessness. One person in particular that we know of who experienced hopelessness is Job. He expressed his hopelessness in Job 17:15. Job's wife, early on, wanted him to give in to his hopelessness, "curse God and die," she said. He told her that she was talking like a foolish woman. At that moment, and other times too, he did not feel hopeful. With everything stripped from him and every reason to feel hopeless, he still stood on hope. A Scripture that we are familiar with, Job 13:15, "Though He slay me, yet will I trust in Him," in the NLT, reads: "God might kill me, BUT I HAVE NO OTHER HOPE!" Even in the face of hopelessness, He would behold God as His ONLY hope to the very end! Job knew that the same God that was his hope before he came into his trial was the same God that would be with him **in and through** his trial! Job Chapter 42 describes his repentance for expressing hopelessness, and the Chapter does not close without a detailed record of his restoration!

In the Scriptures, hope, the opposite of hopelessness, has a few meanings, but all are encouraging! Note that these Scriptures mention hope because the person, mostly David, was facing hopelessness! 1. Psalm 16:9 - A place of refuge. 2. Psalm 22:9 - Be confident or sure. 3. Psalm 31:24 - To wait. 4. Psalm 39:7 - Expectation. 5. Psalm 71:5 - Thing that I long for.

Let's Go All In...and Overcome Hopelessness!