

**#3 WHAT TO DO WHEN YOU HAVE LOST HOPE AND FEEL GOD HAS ABANDONED YOU
(Remember Where You Have Come From)**

By Linda Larson Schlitz

I can't take anymore! I imagine there are millions of people throughout the world that are crying out to God with those words. Jesus even said something similar the night before his death and again while he was dying on the cross. When we lose hope in God things can get pretty bad so how do you change it? Matthew 27:46

1. Are you or have you ever felt like God has somehow abandoned you and others? If so, how?

2. Think back on other difficult times in your life. How did you get through it? Did you ever ask God to help you? You survived but how? Write your thoughts.

3. Have you ever heard your self say to someone "you are a God send?" or perhaps others have said that to you? Write down people that have been there for you and then write down people that have felt you were there for them.

4. Do you believe that you are on this earth for a reason? Did it ever occur to you that God has sent others to help you? What if God inspired legislators to offer a stimulus check and unemployment benefits. What if God is working in and through every single person in your life to reach you? Can you think of some things that God may have done for you during this pandemic? (Perhaps this workshop was created just for you :)

5. People need you. List the people that are depending on you to make it through this. God is at work....in you! We can do this together. When you are doing what you were created to do you will become a faucet of HOPE offering Help Opportunity Praise and Encouragement to others.

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