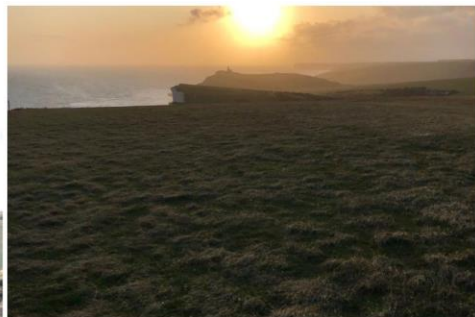




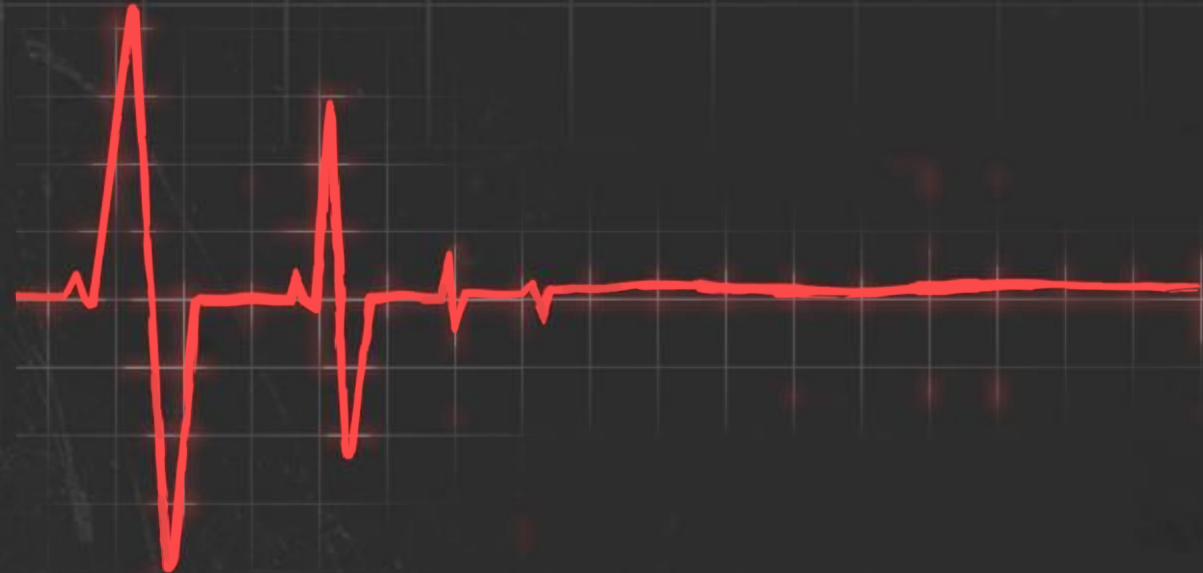
HEART TO HEART

Heinrich Titus



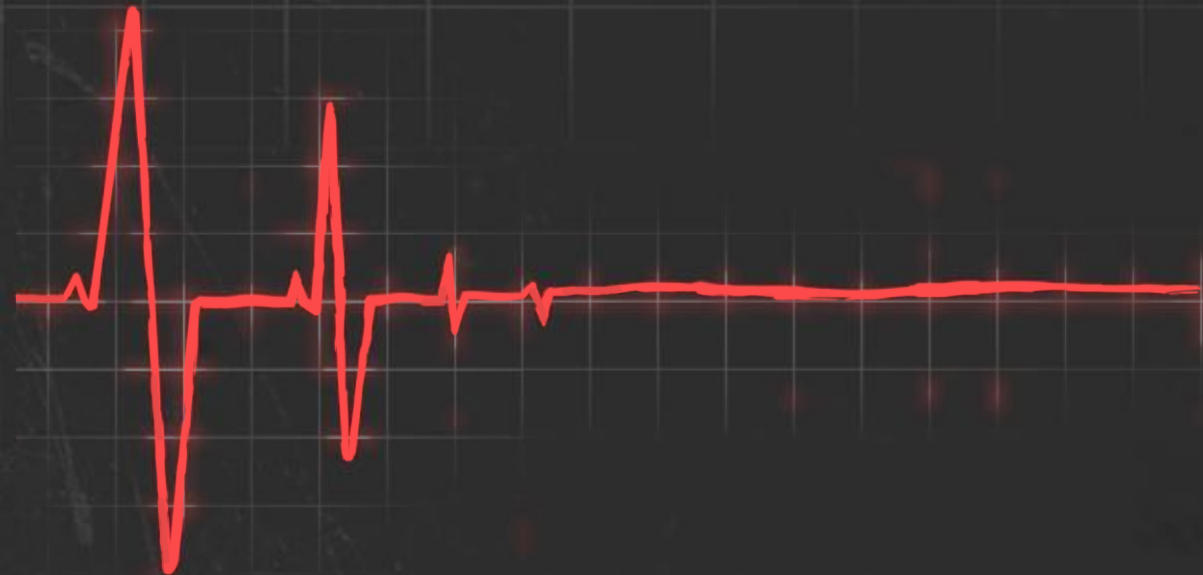
Hope deferred makes the heart sick, but when the desire comes, it is a tree of life.

Proverbs 13:12(NKJV)



**Delayed hope makes the heart sick, but fulfilled desire
is a tree of life.**

Proverbs 13:12(HCSB)

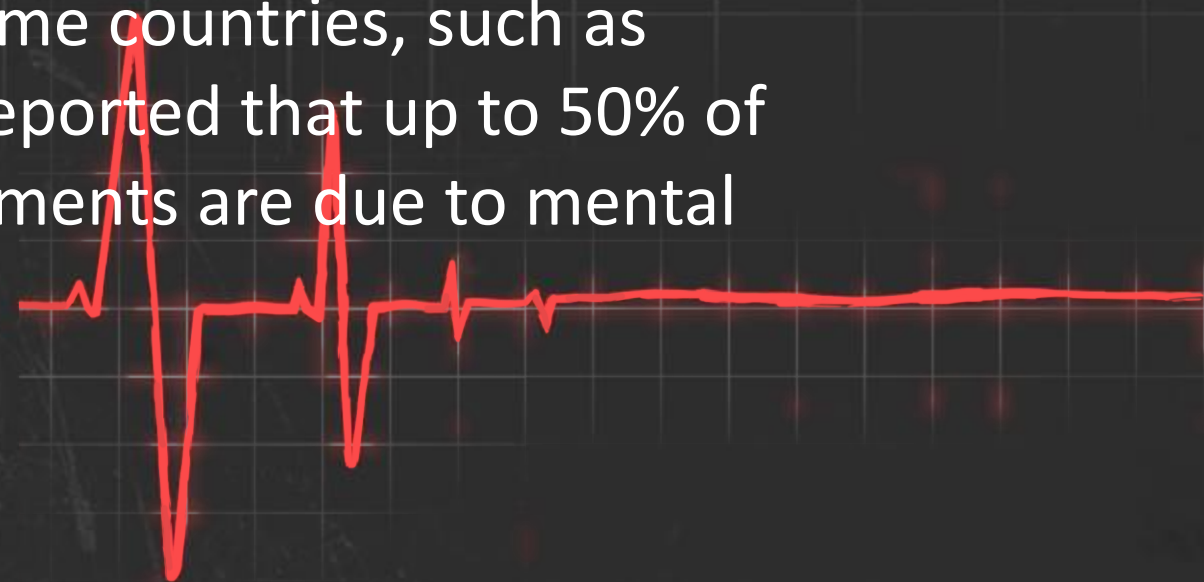


Depression: main contributor to mental health problems in Europe

One in seven people suffer from a severe mood disorder during their lives.

Mental disorders account for about 26% of the burden of disease in the EU. Depression alone is responsible for about 15% of all days lived with disability. Some countries, such as Denmark and the Netherlands, have reported that up to 50% of long-term sick leave and disability payments are due to mental disorders, mostly depression.

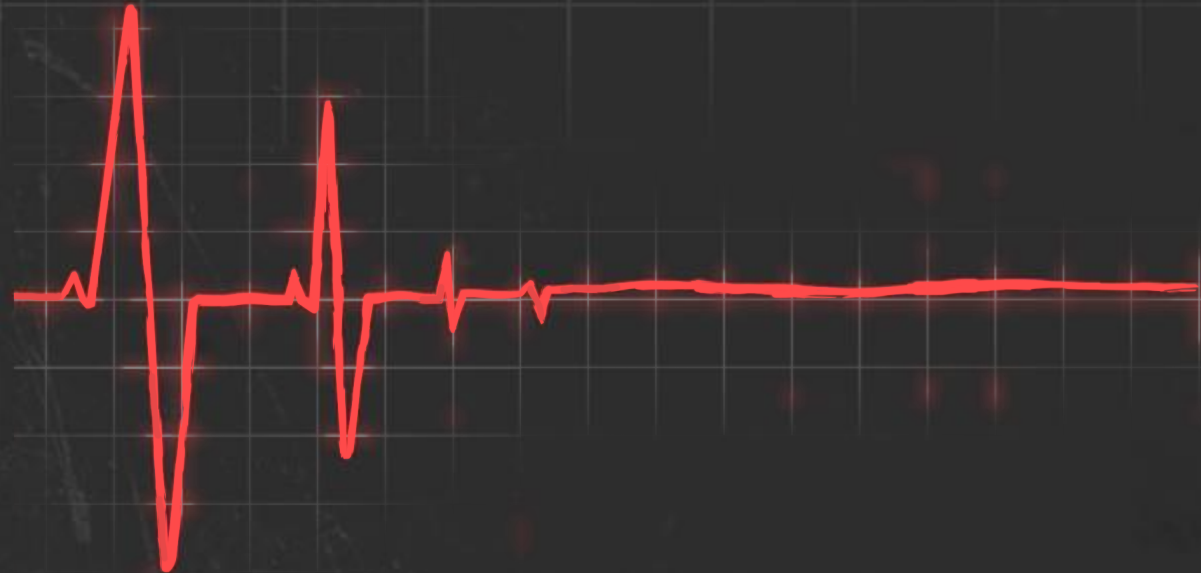
www.euro.who.in



Up to 50% of chronic sick leaves are due to depression/anxiety.

About 50% of major depressions are untreated.

The cost of mood disorders and anxiety in the EU is about €170 billion per year



"And if anyone gives even a cup of cold water to one of these little ones because he is my disciple, I tell you the truth, he will certainly not lose his reward" (NIV)

Matthew 10:42



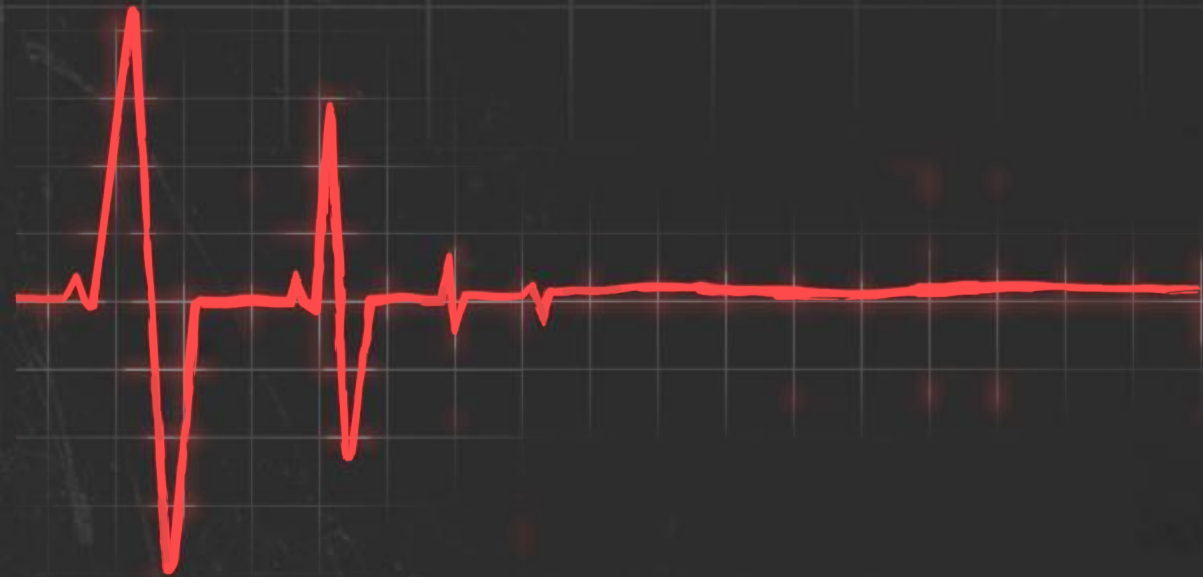


— *Share* —
HOPE

MATT. 10:42

An injection of *peace*

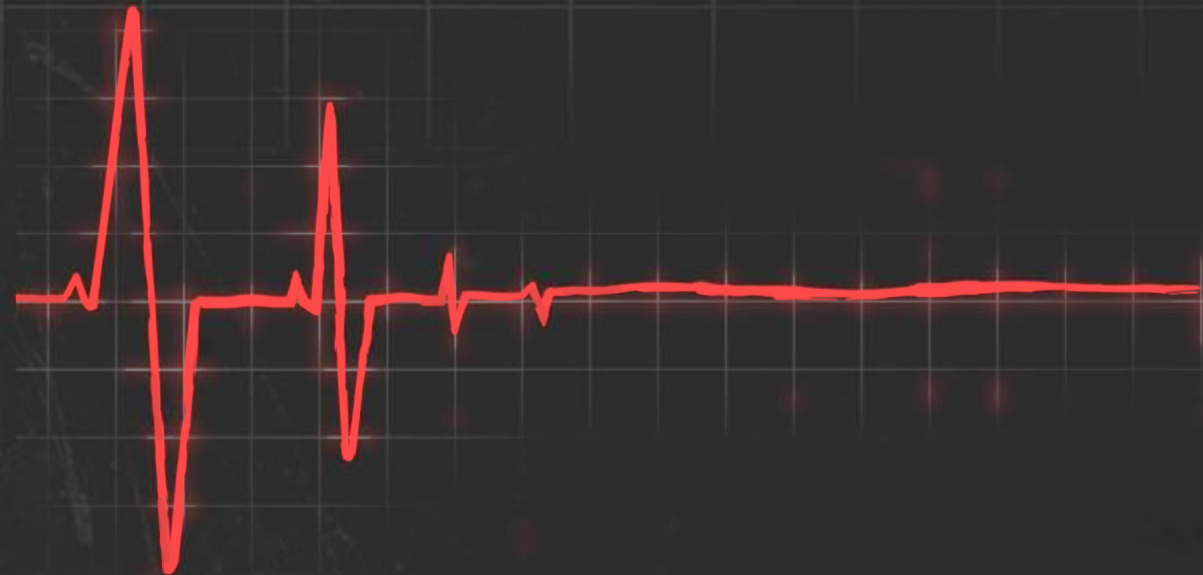
1 Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us.


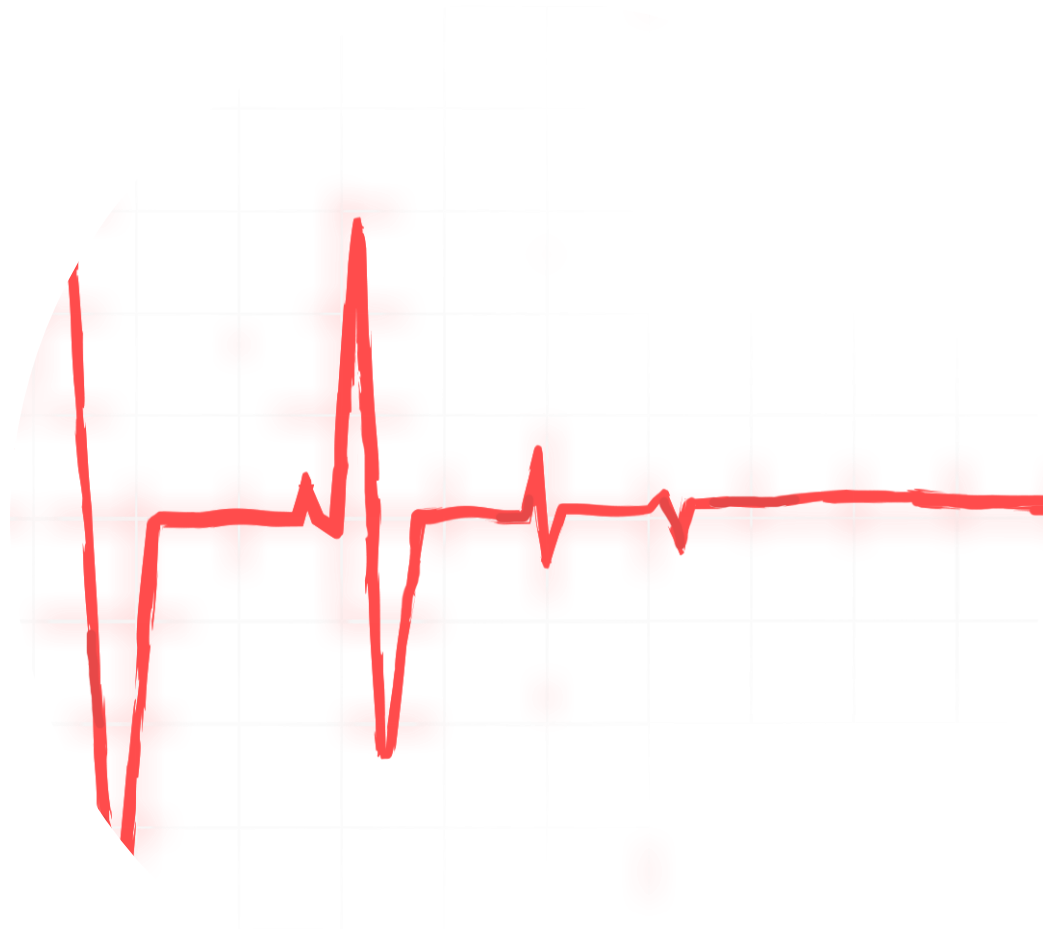


Planted in a safe place of grace

2 Because of our faith, Christ has brought us into this place of *undeserved privilege* where we now stand, and we confidently and joyfully look forward to sharing God's glory.

Romans 5:2(NLT)



A circular image showing a lighthouse on a rocky island. The lighthouse is red and white, with a red top. It is situated on a dark, rocky shore. The ocean is dark blue with white foam from waves crashing against the rocks. The sky is a pale blue.

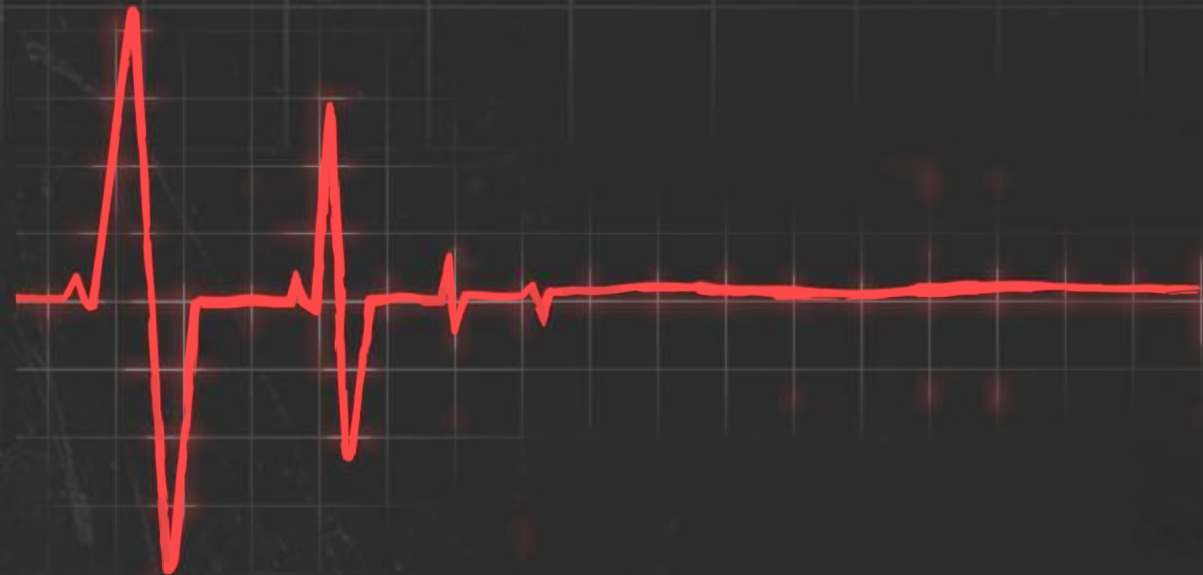
He will surely give me shelter in
the day of danger; he will hide
me in his home; he will place me
on an inaccessible rocky summit.

Psalm 27:5 NET

A new perspective

**3 We can rejoice, too, when we run into problems and trials,
for we know that they help us develop endurance.**

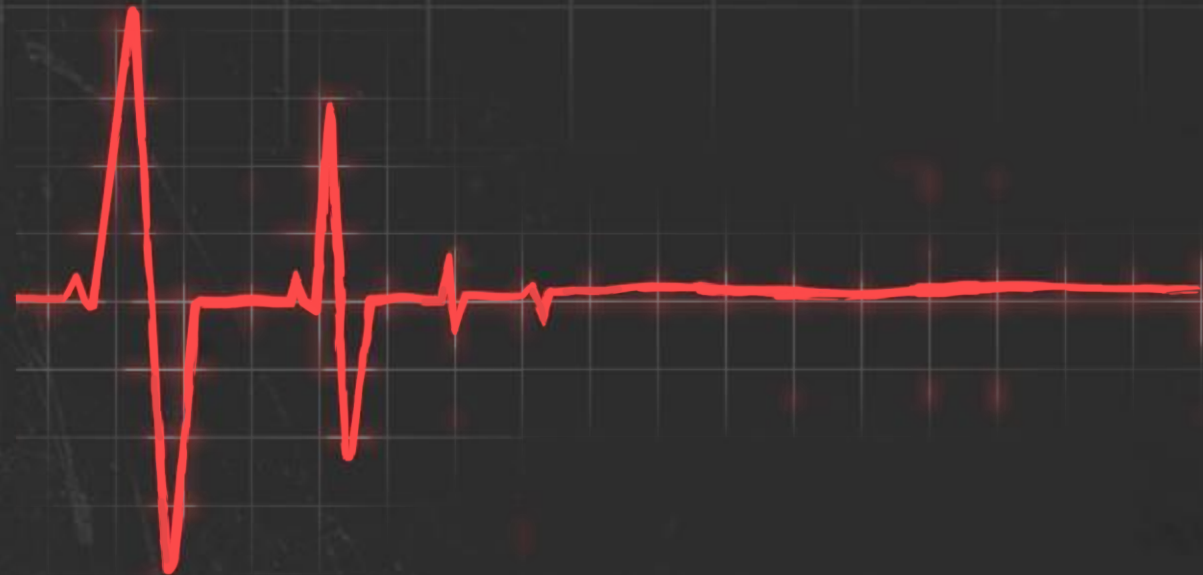
Romans 5:3 (NLT/NLV)

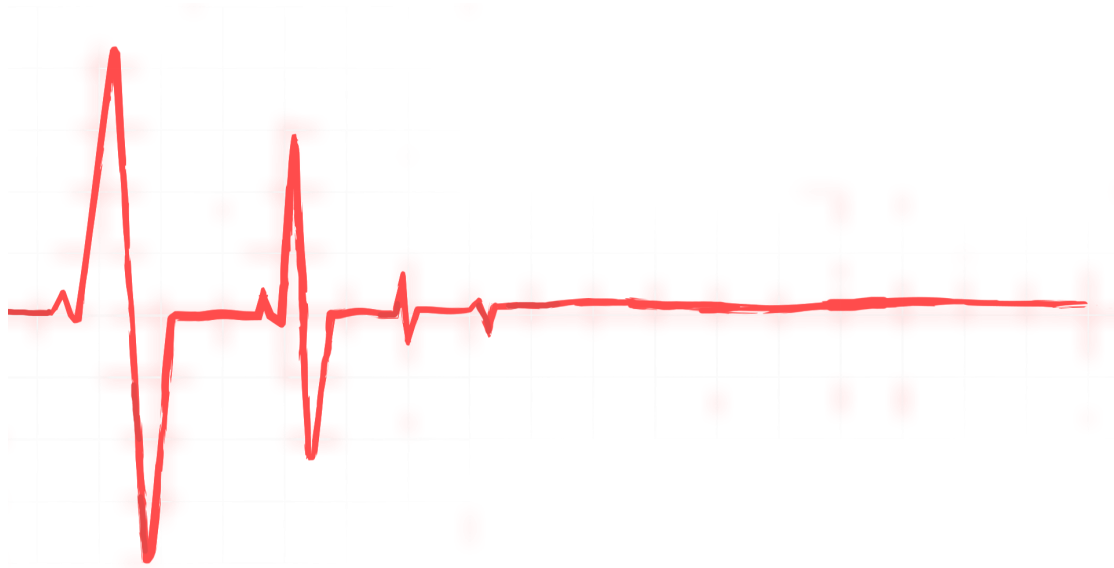


Where are the people of character?

4 And endurance develops strength of character, and character strengthens our confident hope of salvation.

Romans 5:4 (NLT)

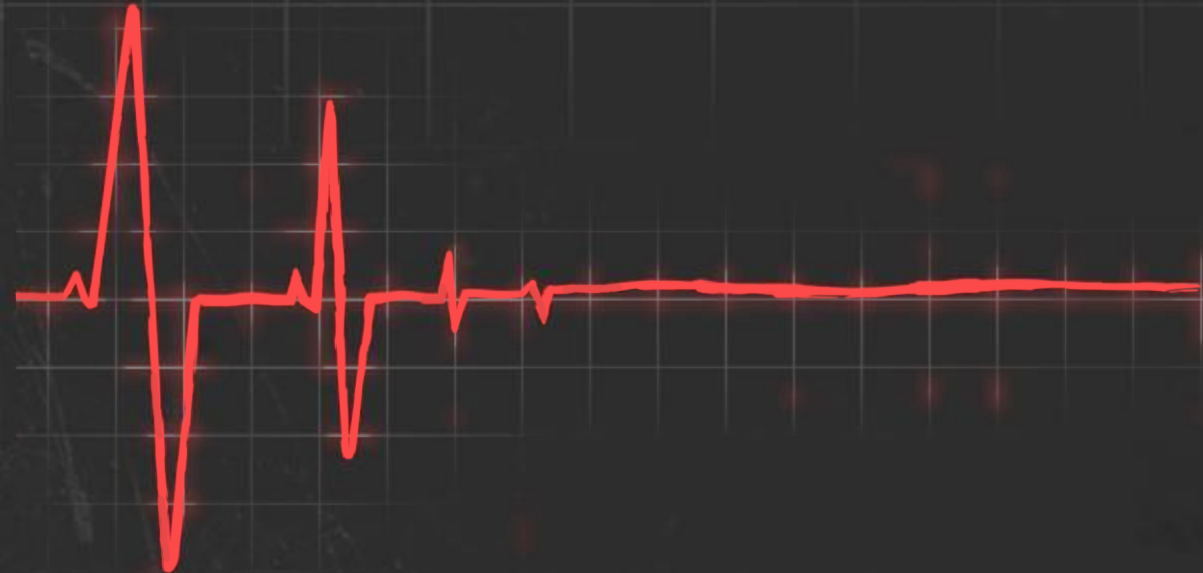




Drink deeply from His love

5 And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.

Romans 5:5 (NLT)





DRINK DAILY OF HIS LOVE

For the love of God has been
poured out into our hearts by
the Holy Spirit.

Romans 5:5 (NKJV)

Hope that does not disappoint

1. Peace with God through faith
2. A safe place of Grace
3. A fresh perspective on endurance
4. Strong character
5. Anchored in His Agapé Love daily



⁷ Hear, O LORD, *when* I cry with my voice!
Have mercy also upon me, and answer me.

⁸ *When You said, "Seek My face,"*
My heart said to You, "Your face, LORD, I will seek."

Psalm 27:7-8 (NKJV)



¹³ *I would have lost heart, unless I had believed*
That I would see the goodness of the LORD
In the land of the living.

¹⁴ Wait on the LORD;
Be of good courage,
And He shall strengthen your heart;
Wait, I say, on the LORD!

Psalm 27:13-14 (NKJV)

