



HOW TO FIND HOPE

July 10, 2011

"For I know the plans I have for you," declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.'" Jeremiah 29:11 (NIV)

"And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us." Romans 5:3-5 (NRSV)

Hope is REALIZING that God is IN CONTROL.

"No one can live with a broken spirit." Proverbs 18:14 (NCV)

Where to Find the Hope You Need

1. Remember that God IS WITH ME

"Those who forget God have no hope." Job 8:11 (LB)

"Lord, when doubts fill my mind, when my heart is in turmoil, quiet me and give me renewed hope and cheer." Psalm 94:19 (LB)

2. Remember that God CARES ABOUT ME

"I have hope when I think of this: The Lord's love never ends; His mercies never stop. They are new every morning." Lamentations 3:21-23 (NCV)

"God showed ... great love for us by sending Christ to die for us." Romans 5:8 (LB)

3. Remember that God KNOWS MY SITUATION

"You know how troubled I am; You have kept a record of my tears." Psalm 56:8 (GN)

"... You have seen the crisis in my soul." Psalm 31:7 (LB)

4. Remember that God has POWER I DON'T HAVE

"Jesus answered, 'God can do things that are not possible for people to do.'" Luke 18:27 (NCV)

"When everything was hopeless, Abraham believed anyway, deciding to live not on the basis of what he couldn't do but on what God ... would do." Rom. 4:18 (MSG)

"For God is at work within you, giving you the will and the power to achieve [God's] purpose." Philippians 2:13 (Ph)

How to plug into God's Power:

- **ADMIT** my lack of power (2 Cor. 12:9-10)
- **BELIEVE** in faith (Mark 9:23)
- **SPEAK** in faith (2 Cor. 4:13)
- **ACT** in faith (Joshua 3:13-14)

5. Remember that God has PROMISED TO HELP

"I expect Your help, for You have promised it." Psalm 119:81 (LB)

"The Spirit that God gives us ... fills us with power, love, and self-control." 2 Timothy 1:7 (GN)

"The Lord is the everlasting God ... [who] never grows tired or weary ... [who] strengthens those who are weak and tired. Those who trust the Lord for help will find their strength renewed." Isaiah 40:28-31 (GN)