

Whatever Happened to Hope? PART 1

Romans 5:13 KJV

MAIN TAKEAWAY

Our life is full of endings and beginnings, and we can finish this year strongly, to start the next even stronger. That starts with **hope**. Bible hope is a **confident expectation** that something good is in your future. God meets us at the level of our expectation, what are you expecting and believing God for?

Benefits of a person that has hope according to Google:

- It reduces depression and anxiety.
- Faster recovery from surgeries and illnesses improves our immune system.
- More resilience, finding ways to overcome obstacles, persists longer.
- Lower blood pressure, longer lifespan by 15%.
- Lower risk of suicide.
- Set bigger goals,
- Have healthier relationships.

HOPE:

Hold on tightly.

One more day.

Possibilities are coming.

Everything can change.

4 reasons for hopelessness:

1. **Problems** can discourage us.
2. **People can** disappoint us.
3. Lack of **purpose** can drain us.
4. The wrong **perspective can** defeat us.

KEY SCRIPTURES & TAKEAWAYS

1. **Romans 15:13 KJV** Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.
 - a. Hope has a name: God, Jesus, Holy Spirit.
 - b. The product of being in faith and believing is joy, peace, and hope.

- c. Our relationship with the Holy Spirit produces hope, joy, and peace.
- 2. **Job 8:13 TLB** those who forget God have no hope. They are like rushes without any mire to grow in; or grass without water to keep it alive. Suddenly it begins to wither, even before it is cut.
 - a. The closer I get to God, the more hope I will have.
 - b. Without God I have no hope; with Him I have **superabounding hope**.
- 3. **Hebrews 6:18-19 KJV** That by two immutable things, in which it was impossible for God to lie, we might have a strong consolation, who have fled for refuge to lay hold upon the hope set before us: ¹⁹Which hope we have as an anchor of the soul, both sure and stedfast, and which entereth into that within the veil;
 - a. God can be trusted, He never lies.
 - b. Hope is available for our taking and receiving it.
 - c. Hope is our anchor; it keeps our emotions stable and consistent.
- 4. **1 Thessalonians 5:8 KJV** And now my head will be lifted above my enemies around me, In His tent I will offer sacrifices with shouts of joy; I will sing, yes, I will sing praises to the Lord.
 - a. Hope protects our thought life.
 - b. Godly hope will repel negativity and what doesn't align with God's Word.

How to get my hope back:

- 1. Feed on God's promises (Romans 15:4 KJV)
 - a. The scriptures, a Bible reading plan, the One Year Bible bring hope. What does the Word say?
- 2. Stay full of God's power (Romans 15:13 KJV)
 - a. Hopeful people change hopeless circumstances.
- 3. Commit to God's purpose (Acts 20:24 KJV)
 - a. We need joy to finish our race, and joy is a product of hope.

REFLECT & REVISIT

Go back and read **Romans 15:13**, reflect on the God of hope who fills you with joy and peace as you believe. Identify what has been draining your hope and turn back to God's Word, writing down a promise you're choosing to stand on, and let Scripture restore your confident expectation for the future. Stay filled with the Holy Spirit through daily prayer. Celebrate and confess hope, expecting God to do something new.