

HOPE: What is it and how do I get it?

Proverbs 13:12-14

Hope deferred makes the heart sick, but desire fulfilled is a tree of life. The one who despises the word will be in debt to it, but the one who fears the commandment will be rewarded. The teaching of the wise is a fountain of life, To turn aside from the snares of death

Romans 15:4-6

For whatever was written in earlier times was written for our instruction, so that through perseverance and the encouragement of the Scriptures we might have hope. Now may the God who gives perseverance and encouragement grant you to be of the same mind with one another according to Christ Jesus, So that with one accord you may with one voice glorify the God and Father of our Lord Jesus Christ. Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit. (Note, **this is a prayer** – Ask God for hope!)

Hebrews 6:11-12; 18 - 20

And we desire that each one of you show the same diligence so as to realize the full assurance of hope until the end, So that you will not be sluggish, but imitators of those who through faith and patience inherit the promises. So that by two unchangeable things in which it is impossible for God to lie, we who have taken refuge would have strong encouragement to take hold of the hope set before us. This hope we have as an anchor of the soul, a *hope* both sure and steadfast and one which enters within the veil, Where Jesus has entered as a forerunner for us, having become a high priest forever.

2Corinthians 4:8-18

We are afflicted in every way, but not crushed; perplexed, but not despairing; persecuted, but not forsaken; struck down, but not destroyed; always carrying about in the body the dying of Jesus, so that the life of Jesus also may be manifested in our body. For we who live are constantly being delivered over to death for Jesus' sake, so that the life of Jesus also may be manifested in our mortal flesh. So death works in us, but life in you. But having the same spirit of faith, according to what is written, "I BELIEVED, THEREFORE I SPOKE," we also believe, therefore we also speak, knowing that He who raised the Lord Jesus will raise us also with Jesus and will present us with you. For all things *are* for your sakes, so that the grace which is spreading to more and more people may cause the giving of thanks to abound to the glory of God. Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.

Write out six things these passages teach you about Hope as it relates to you and your situation/struggle. Bring this with you for your next session.

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