

Week 5:

Preaching Hope to Yourself



Questions

1. What illustration, story, or example stood out to you this week?
2. What challenges/situations would change if you preached God's hope to yourself?
3. Read Psalm 42:1-7. What do verses 4-7 in Psalm 42 tell you about God's character? How does it encourage you in your struggles?
4. The Psalmist creates a rhythm of lament and hope in Psalm 42 and 43. What are you lamenting right now in your life? In the midst of your lament, where do you find hope?
5. Pastor Ron talked about 4 things that drain hope (see "takeaways" below). Which of those are you experiencing right now?
6. Read 2 Corinthians 4:16. Do you believe this to be true? If you don't feel like you're being renewed day by day, why do you think that is?
7. What one practical step do you plan to implement from this week's message?

Scripture References

Psalm 42:1-7; 2 Corinthians 4:16-18

Takeaways

- Things that drain hope:
 - Legitimate needs going unmet.
 - Sense of distance from God or God's people.
 - Discouraging words spoken over you.
 - Painful memories.
- Rather than surrendering to feelings of despair, we can challenge those feelings with the hope of God.
- Hope = confident expectation.
- The deep things of God can bring hope to the deepest parts of you.
- Because of Jesus we have hope (confident expectation) of:
 - Knowing we are saved from sin, death and separation from God, made righteous, and made into God's friend!
 - Being eternally part of restored creation with restored bodies!
 - His promises being true!
 - His second coming transforming the world!
 - His love being ever-present for us!
- Preach hope to yourself.

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- Write down specifics of God's provision for you.
- Make a memorial of it somehow.
- Revisit the memorial often.

Additional Scriptures on Hope

1 Peter 1:3; Hebrews 6:18-19; Ephesians 6:17; 1 Thessalonians 5:8; Colossians 1:27; Ephesians 1:18-23; Romans 5:10; 2 Corinthians 5:21; John 3:16-17; Romans 8:18-30; Proverbs 23:17-18; Proverbs 24:13-14; Jeremiah 29:11; Titus 1:1-3; 1 Corinthians 15:12-28; Romans 15:4; Psalm 119:81 and 114; Ephesians 2:11-22, 1 Peter 3:15; Titus 2:13; Hebrews 9:28; 1 Thessalonians 4:13-18; Psalm 147:11; Romans 5:5s