



#10 “Resetting Your Hope”

Romans 5:1-5 (NIV) Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.

1 Corinthians 13:13 (NIV) And now these three remain: faith, hope and love. But the greatest of these is love.

Romans 15:13 (NIV) May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.

1. Understand that hope is more than positive thinking.

Romans 8:37-39 (NIV) No, in all these things we are more than conquerors through Him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Jeremiah 29:11 (NIV) “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.”

2. Know that hope is not optional, it's essential.

Hebrews 6:19 (NIV) We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain.

3. Regularly nurture hope.

Biblical hope is:

- ▶ Received by faith.

Romans 5:1, 2 (NIV) Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God.

- ▶ Maintained by right practices.

1 Timothy 4:7, 8 (NIV) Have nothing to do with godless myths and old wives’ tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

10 practices that will keep hope strong in your heart:

- Refuel daily.
- Focus on God’s goodness.
- Stay in your own lane.
- Continually adjust your perspective.
- Build “hope-scapes” in others.
- Check your emotions.
- Journal your journey.
- Celebrate your blessings.
- Check your vocabulary.
- Appreciate Communion.