

A. The Power of Hope

It has been said that a person can live 40 days without food, 4 days without water, 4 minutes without air, but only 4 seconds without hope. Hope truly is a power that energizes us with life.

B. The Process of Hope

From Hurt to Hope

1. Churn ...inside, asking, “What is happening to me?”

We do not understand:

Joy... until we face sorrow
 Faith... until it is tested
 Peace... until faced with conflict
 Trust... until we are betrayed
 Love... until it is lost
 Hope... until confronted with doubts

2. Burn ...with anger toward someone or something.

3. Yearn ...for a quick fix, the “good ole days.”

When you’re lonely, you wish for LOVE.
 When you’re down, you wish for JOY.
 When you’re troubled, you wish for PEACE.
 When things look empty, you wish for HOPE.

4. Learn ...you’re in a long growth process.

Three Lessons We Should Learn

(1) This will last long enough to help me. - James 1:2-4

ACCEPTANCE

Acceptance is the answer to all my problems today.
 When I am disturbed, it is because I find some person, place, thing or situation — some fact of my life — unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment,
 Nothing, absolutely nothing, happens in God’s world by mistake.

Unless I accept life completely on those terms, I cannot be happy.
 I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.
 - Source Unknown

(2) This won’t last long enough to hurt me.

(3) I must see God’s plans through my pain. - Jeremiah 29:11

Nothing touches me that has not passed through the hands of my Heavenly Father.

Can you identify with the woman described in the following poem from Ruth Graham’s book *Sitting by My Laughing Fire*:

She waited for the call that never came; searched every mail for a letter, or a note, or card, that bore his name; and on her knees at night and on her feet all day, she stormed Heaven’s Gate in his behalf; she plead for him in Heaven’s High Court. “Be still and wait,” the word He gave; and so she knew He would do in, and for, and with him, that which she never could. Doubts ignored, she went about her chores with joy; knowing, though spurned, His word was true. The prodigal had not returned but God was God, and there was work to do.

5. Turn ...everything over to God.

“Cast all your cares on Him, because He cares for you.” - I Peter 5:7

C. The Promises of Hope:

1 Peter 1:3-9

Promise # 1: Our Hope is Indestructible. vs. 3,4

Promise # 2: Our Hope is Protected by God. vs. 5

Promise # 3: Our Hope Leads to Joy. (John 15:11, 16:20-22) vs. 6

Promise # 4: Our Hope will be Tested and Proven Sound. vs. 6,7

God doesn’t test you to find out how you are doing; He already knows that.
 He tests you so YOU might know.

Promise # 5: Our Hope Gives Belief and Faith. vs. 8

Finding Hope

A. The _____ of Hope

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