

FOUNDATIONS
Lesson #3 “THE FULLNESS OF GOD: HOPE-FULL”

Intro. We've talked about being *faith-full - full of faith and love-full*.

- **Tonight we're going to look at something all of have to have if we're going to make it in life**
 1. It's one of the most important elements of a successful Christian life

- **We're going to look at being *hope-full***
 2. Faith is fundamental for us as Christians
 - a. Everything good that happens in our lives comes back to faith and believing (forgiveness, healing, God providing for us...)
 - b. But before we have faith, we've got to have hope

Hebrews 11:1 (NKJV) Now faith is the substance of *things hoped for...*

- *Hope is before faith*
- *It will lead us to believe for all God has for us*
 3. Because this is true, it's no great shock that Satan tries to discourage and ultimately destroy our hope

John 10:10 (NKJV) The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

- a. Satan wants to steal our hope
 - b. If he can make us lose hope, we will ultimately surrender our faith
- *If we lose hope, we lose faith*
 4. God encourages us to be *hope-full*

Romans 15:13 (NKJV) Now may the *God of hope fill you* with all joy and peace in believing, that you may *abound in hope* by the power of the Holy Spirit.

- a. God wants to fill us with hope
 - b. He wants us to abound in hope
- God wants us to be **hope-full**

I. _____ HOPE

A. HOPE IS A _____

1. Hope is **a confident expectation of good**
 - a. It's the feeling that "**something good is about to happen to me!**"
 - *Bad stuff can happen, does happen, but as God's people we need to cultivate an attitude of hope*
 - *Even in the bad, hope trusts something good will come out of it!*
 - *We have to change our attitudes*
2. We need to get sick and tired of suffering the consequences of our negative attitudes
 - a. We've almost made negativity a virtue
 - b. We *accentuate the negative*, whether it's gas prices, politics, the weather...
 - *We've got to get so sick and tired of our negativity that we begin to cultivate an attitude of hope*
3. We need to learn to **hope on purpose**

Psalms 71:14 (NKJV) *But I will hope continually*, and will praise You yet more and more.

4. What do we expect?
 - a. It's amazing how many negative expectations we can have
 - b. Sometimes we're not even aware of it
 - c. We can almost be afraid to hope
 - d. Our lives can become a *pattern of pessimism*
 - *Hope is a positive attitude*
 - *We have to cultivate a confident expectation of good*
 - *"Something good is about to happen to me!"*

B. HOPE IS A _____

1. It's what will get us through the worst times
 - a. We all need to hope and have a confident expectation of good
 - b. That being said, we're going to have a few really crummy days

- *Hope is our lifeline in those kind of days*

Hosea 2:15 (NKJV) I will give her her vineyards from there, and **the Valley of Achor as a door of hope...**

2. **Hoseh 2:15** talks about God giving His people **the Valley of Achor for a door of hope**
 - a. When He says *valley*, God is talking about our low places
 - b. The word **Achor** in Hebrew means "**roiling waters, troubling, afflicted**".

ex. *The word is meant to give us the picture of being plunged into the most extreme rapids of a river during flood-stage.*

- c. God tells His people, "*I will make that place of turbulence and trouble- the lowest place in your life- a **door of hope!***"

3. The Hebrew word for **hope** is **tik-vaw'**
 - a. **Hope** as it's use in the OT means literally *a cord or rope*
 - b. In its root meaning it pictures *a cord attached to the thing hoped for*

ex. *The Bible kind of hope is when we're in the lowest places in our lives, the rapids are swirling around us and God throws us a lifeline and it's hope!
A confident expectation of good.*

"It may not look good right now but my hope is in God!"

Psalms 42:5 (NKJV) Why are you cast down, O my soul? And why are you disquieted within me? **Hope in God**, for I shall yet praise Him for the help of His countenance.

- c. When we're going through stuff we need to talk to ourselves like this

- *Hope is a lifeline that pulls us close to the God who helps us*

Zechariah 9:12 (NKJV) Return to the stronghold, ***you prisoners of hope***. Even today I declare that I will restore double to you.

C. WE NEED TO BECOME _____ OF HOPE

1. We should become so locked up with hope in God that we can't get away from it
 - a. If that's going to happen, we're going to have to *work at it*

Lamentations 3:24 (NKJV) "The Lord is my portion," ***says my soul***, "Therefore I hope in Him!"

- His soul is speaking to him, "*The Lord is my portion, therefore I hope in Him!*"
- *We have to work at having positive "soul talk"*

II. HOW TO _____ HOPE

A. WE HAVE TO _____

Romans 15:13 (NKJV) Now may ***the God of hope fill you*** with all joy and peace in believing, ***that you may abound in hope by the power of the Holy Spirit***.

1. He's the ***God of hope***
 - a. If we get around Him, we can't help but be hopeful
2. **Romans 15:13** tells us one of the purposes of the power of the Holy Spirit
 - a. To help us *abound in hope*
 - b. The word *abound* means *over and above*

- *That's the kind of confident expectation of good we need to have*
- *Over and above*
- *Prisoners of hope (so locked up with hope we can't get away)*

Psalms 42:5 (NKJV) Why are you cast down, O my soul? And why are you disquieted within me? ***Hope in God***, for I shall yet praise Him For the help of His countenance.

3. If we'll spend some time with God He will fill us with hope
 - a. We need to talk to Him during our day

- *“God, I want You to know I’m thinking about You.”*
- *“You are my hope and something good is about to happen to me.”*
- **We go to the source**

B. WE NEED TO _____

Hebrews 10:23 (NKJV) Let us hold fast the **confession of our hope** without wavering, for He who promised is faithful.

1. Hope is more than a feeling, it’s a **confession**
 - a. We need to talk about our hope more

again, Lamentations 3:24 (NKJV) "The Lord is my portion," **says my soul**, "Therefore I hope in Him!"

ex. *“God is faithful, He will always be with me, He will never leave me, He is my protector, my healer, my provider, my closest friend.”*

- b. We have to hold fast the confession of our hope

2. The reason this is true is because there’s always something that will try to get us to let our lifeline of hope go

ex. *“Things will never change, it’s always going to be this way.”*

- a. We’ve got to resist thinking and talking negative junk

Romans 4:18 (NLT) **Even when there was no reason for hope, Abraham kept hoping**—believing that he would become the father of many nations. For God had said to him, “That’s how many descendants you will have!”

- b. Abraham thought, *“I know there’s no reason to hope, but I’m going to hope anyway!”*
 - c. He watched what he said

Romans 4:20 (NKJV) He did not waver at the promise of God through unbelief, but was strengthened in faith, **giving glory to God.**

d. His mind said, *“There’s no way!”* But his mouth said, *“God I give you glory, You can do anything, even this.”*

- *To cultivate hope, we’ve got to watch what we say and practice saying the right things*

Psalms 71:14 (NKJV) *But I will hope continually...*

C. FINALLY, WE NEED TO REMEMBER OUR _____

- *When things are looking really rotten around us we should remember, **we have an eternal hope***
 1. We will never be completely happy *here*
 - a. We’re not meant to be
 - b. We won’t be completely happy until we’re *not here*
 2. Oftentimes in the Bible when it talks about *eternity*, it’s linked with *hope*

Titus 1:2 (NKJV) *in hope of eternal life* which God, who cannot lie, promised before time began,

Titus 2:13 (NKJV) looking for the ***blessed hope*** and glorious appearing of our great God and Savior Jesus Christ,

a. Whenever we’re having a bad day we have to remember our eternal hope

- *The day is coming soon when we’re going to leave all this behind*
- *No more pain, sickness, death, no more bills!*
- *We have an eternal hope*

Prayer and confession: *Jesus, You are my hope. I open my heart, to You tonight. Fill me with hope by the power of the Holy Spirit. Help me to hold fast, to the confession of my hope, and not be so negative. I will hope continually. I will have a confident expectation of good in my life because You are my God. In Jesus’ name. Amen.*

FILL IN THE BLANKS FROM LESSON #3

I. _____(DEFINING) HOPE (several things that hope is)

- A. HOPE IS A _____(POSITIVE ATTITUDE)
- B. HOPE IS A _____(LIFELINE)
- C. WE NEED TO BECOME _____(PRISONERS) OF HOPE

II. HOW TO _____(CULTIVATE OR REGAIN) HOPE

- A. WE HAVE TO _____(GO TO THE SOURCE)
- B. WE NEED TO _____(WATCH WHAT WE SAY)
- C. FINALLY, WE NEED TO REMEMBER OUR _____(ETERNAL HOPE)