

How to raise your hope meter to fullness

Slide 5. Introduction

What Affects our Hope?

- ✓ Hope in delay mode
- ✓ Lack of Unity in family and church
- ✓ Pictures of Unity
- ✓ Misplaced Hope
- ✓ Major Life Events
- ✓ Listening to Wrong Messenger

Hold Out to the end

How can someone be thankful when their hope meter is all over the place on a daily basis?

Slide 6. Scientific Study on how Hope in relation to quality of life affects kids with chronic illnesses 2020 National Institute of Health

Hope has been identified as a protective factor that contributes to achieving a better quality to life, especially in patients with chronic disease. ... Healthcare professionals should make more efforts to enhance hope in adolescents with chronic diseases in order to improve their quality of life. Future studies exploring how hope develops in adolescents with chronic diseases and the long-term impact of hope on quality of life are necessary.

Slide 6. Harvard Study: Among young adults with chronic illnesses, greater degrees of hope are associated with improved coping, well-being, and engagement in healthy behaviors. It also protects against depression and suicide. Among teens, hope is linked with health, quality of life, self-esteem, and a sense of purpose. It is an essential factor for developing both maturity and resilience. 2021 Harvard Health

Slide 6. Newport Academy: In frightening and uncertain times, it's hard to feel hopeful. But studies show that having hope for the future helps build our resilience—the ability to get through tough times and recover more quickly from setbacks. Moreover, hope can help ward off or reduce anxiety, trauma, and depression.

What if you're not a hopeful person by nature? That's okay: We all have the ability to strengthen our "hope muscle" and therefore increase our positivity and resilience, even in the midst of difficult circumstances. 2020

Slide 7. Our Text

[Psa 42:11 KJV] 11 Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, [who is] the health of my countenance, and my God.

[Job 27:8 KJV] 8 For what [is] the hope of the hypocrite, though he hath gained, when God taketh away his soul?

Many Things affect our Hope

Slide 8. Deferred Hope (Delayed Hope makes one sick)

[Pro 13:12 KJV] 12 Hope deferred maketh the heart sick: but [when] the desire cometh, [it is] a tree of life.

Lack of Unity

Slide 9. You and God: [Eph 2:14 KJV] 14 For he is our peace, who hath made both one, and hath broken down the middle wall of partition [between us];

Slide 9. You and the Church: [1Co 1:11-13 KJV] 11 For it hath been declared unto me of you, my brethren, by them [which are of the house] of Chloe, that there are contentions among you. 12 Now this I say, that every one of you saith, I am of Paul; and I of Apollos; and I of Cephas; and I of Christ. 13 Is Christ divided? was Paul crucified for you? or were ye baptized in the name of Paul?

Slide 10. Division Affects the Whole Church: [1Co 11:17-18 KJV] 17 Now in this that I declare [unto you] I praise [you] not, that ye come together not for the better, but for the worse. 18 For first of all, when ye come together in the church, I hear that there be divisions among you; and I partly believe it.

Slide 11. Church Role problems: [1Co 12:14-16 KJV] 14 For the body is not one member, but many. 15 If the foot shall say, Because I am not the hand, I am not of the body; is it therefore not of the body? 16 And if the ear shall say, Because I am not the eye, I am not of the body; is it therefore not of the body?

Pictures of Unity

Slide 12. [Psa 133:1 KJV] 1 [[A Song of degrees of David.]] Behold, how good and how pleasant [it is] for brethren to dwell together in unity!

Slide 13. [Act 1:14 KJV] 14 These all continued with one accord in prayer and supplication, with the women, and Mary the mother of Jesus, and with his brethren.

Slide 13. [Col 1:23 KJV] 23 If ye continue in the faith grounded and settled, and [be] not moved away from the hope of the gospel, which ye have heard, [and] which was preached to every creature which is under heaven; whereof I Paul am made a minister;

Slide 14. Listening to the wrong Messenger

[Jas 1:8 KJV] 8 A double minded man [is] unstable in all his ways.

[Rom 1:21 KJV] 21 Because that, when they knew God, they glorified [him] not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened.

Slide 15. Misplaced Hope

Wrong expectations:

[Pro 10:28 KJV] 28 The hope of the righteous [shall be] gladness: but the expectation of the wicked shall perish.

[Pro 11:7 KJV] 7 When a wicked man dieth, [his] expectation shall perish: and the hope of unjust [men] perisheth.

Slide 16. Wise In your own eyes: [Pro 26:12 KJV] 12 Seest thou a man wise in his own conceit? [there is] more hope of a fool than of him.

Uncertainty of riches:

[1Ti 6:17 KJV] 17 Charge them that are rich in this world, that they be not highminded, nor trust in uncertain riches, but in the living God, who giveth us richly all things to enjoy;

Slide 17. We have a better hope: [Heb 7:19 KJV] 19 For the law made nothing perfect, but the bringing in of a better hope [did]; by the which we draw nigh unto God.

Major life events

Slide 18. Paul's Shipwreck: [Act 27:20 KJV] 20 And when neither sun nor stars in many days appeared, and no small tempest lay on [us], all hope that we should be saved was then taken away.

Slide 18. Joseph: [Gen 37:28 KJV] 28 Then there passed by Midianites merchantmen; and they drew and lifted up Joseph out of the pit, and sold Joseph to the Ishmeelites for twenty [pieces] of silver: and they brought Joseph into Egypt.

Slide 19. Elijah: [1Ki 19:1, 4 KJV] 1 And Ahab told Jezebel all that Elijah had done, and withal how he had slain all the prophets with the sword. ... 4 But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I [am] not better than my fathers.

Lost Hope

Slide 20. Alton Garrison's Mother Lost her Hope after 8 years of caring for her husband as he traveled the dark road of Alzheimer's.

In the hospital room at the foot of his dad's bed, Alton battled with his emotions. This once vibrant healthy pastor now laid like a limp vegetable. Alton remembered seeing many miracles and great faith. In fact his father had been delivered from paralysis of a broken neck. But now when his dad needed another miracle, none came. He used scripture to combat his thoughts of desperation. He would feel good for a moment then circumstances before him brought him back to feeling worse again.

Finally, he fought back and received victory. He said, Devil you cannot win! When my father dies, the tabernacle will perish but his soul will live forever! He will be in the presence of the King of kings and Lord of lords.

His mom heard him outside and asked him what he had been doing. He told her he was praying with Pop. She asked, why? Her never before saw the look on her face stood out as she said, It will not do any good- we have prayed for him for years and look at the results. He is so bad and not even there. His body has outlived his brain. I have been praying for God to take him on to heaven, but he is still lingering on. Then she said words that stunned Alton and would stun any of us when coming from a woman of faith who had served as a pastor's wife and prayer warrior for decades. She said, when you need God the most, he turns his back on you. It's a joke, that is what it is. Pointing her finger in Alton's face, she said, Do not ever pray in my presence again. She hadn't lost faith, she lost hope. Alton could find nothing to answer her, so he walked away. In his car he vented to God and finally blurted out: God, you have got yourself a big, big problem. What are you going to do?

Slide 21. Wow! Did God Do it four days later.

She went to the hospital to visit her husband four days later. She felt the presence of God so strongly in the hospital room. God has an essence about him that sometimes we can sense. Then she heard the Holy Spirit's voice speak to her heart. Get ready, he is going to talk to you today. He had not spoken for months and doctors said even if he came out of this coma, he would not say anything understandable. Alton's mom said she sat down by his bed and waited with anticipation for what he would say. She don't know how long she waited but she was looking into his eyes when they cleared up and looked right at her. His mouth began to move then in a strong voice he said, You know what honey, God still answers prayer. For the next 10 minutes he prayed in an unknown tongue under the power of the Holy Spirit. Then he slid back into his coma and died a few days later.

Slide 22. Are You bouncing back from Lost Hope

We are not fighting against numbers and statistics. We are fighting against hope itself.

We are the body of Christ and Christ is the hope of the world.

Slide 22. The Holy Spirit can help empower us to find our hope again

[Psa 130:5 KJV] 5 I wait for the LORD, my soul doth wait, and in his word do I hope.

[Psa 131:3 KJV] 3 Let Israel hope in the LORD from henceforth and for ever.

Slide 23. Hope Can Be Restored.

[Rom 15:13 KJV] 13 Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

Alton Garrison says, If the source of Hope is God and the substance of Hope is Faith, the supplier of Hope is the Holy Spirit.

Slide 25. Hold Out to the End

[Eph 4:3, 13 KJV] 3 **Endeavouring** to keep the unity of the Spirit in the bond of peace. ... 13 Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ:

[2Ti 2:15 KJV] 15 Study[G4704] to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

[2Pe 1:15 KJV] 15 Moreover I will endeavour[G4704] that ye may be able after my decease to have these things always in remembrance.

[Psa 100:4 KJV] 4 Enter into his gates with thanksgiving, [and] into his courts with praise: be thankful unto him, [and] bless his name.

[Col 3:15 KJV] 15 And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.

Slide 25. [Heb 6:11, 18 KJV] 11 And we desire that every one of you do shew the same diligence to the full assurance of hope unto the end: ... 18 That by two immutable things, in which [it was] impossible for God to lie, we might have a strong consolation, who have fled for refuge to lay hold upon the hope set before us: