

MY EMERGENCY NUMBERS - Romans 15:13

I Need Hope

"Hope" in Greek means "to anticipate with confidence".

"Anticipate" in Latin means "to take action or consider beforehand"

"Confidence" in Latin means "all-together and complete trust"

I definitely need hope for every single day. Someone in a prison once said, "A man without hope is a dangerous man."

Why do we need hope? In the secular world, we need hope to make it to the next day - like the survivors on TV. That seems like a rather weak goal but I think it applies to the Christian community too.

1. Why does the Bible say we need hope?

a. (2 Cor. 1:3-5) _____

b. (2 Cor. 1:8-10) _____

c. (Romans 5:3-4) _____

d. (Eph. 3:16-19) _____

e. (Psalm 34:4-7) _____

Life is a day-to-day journey. Looking way down the road may be overwhelming. We are supposed to get our daily guidance from the Bible.

2. Psalm 119:105 - We are to concentrate on two things in our travels:

"A lamp to my _____." & "A light to my _____" (Which one is first?)

Hopelessness and depression go together or could be the same thing.

Professions claim the reasons are finances, relationships, and health (all of which affect the present and the future).

Professions also list the symptoms as depressed mood, thoughts of suicide, eating & sleeping problems, being anxious & agitated, neglecting your hygiene & your health, withdrawing from people, and sleeping a lot in a daytime.

3. Which symptoms have you noticed in your times of depression?

- a. _____ b. _____ c. _____
d. _____ e. _____ f. _____

Regardless of which symptoms, we know we are not right, and living tends to be pain & a struggle.

We need some strategies. (Doctor-directed medications may also be a strategy.)

- a. **Tell Him very clearly that you are in deep distress.**
- b. **Tell Him you do not want to stay in this condition.**
- c. **Tell Him that you are trying to trust Him for the days ahead.**
- d. **Tell Him about the times in your past when He was faithful to you.**

You might say that you can't live in the past. You must look ahead.

4. Let's see what King David (a very depressed person) handled this:

- a. (Ps. 22:9) "You were faithful when I was _____."
- b. (Ps. 71:5) "You have been my hope since my _____."
- c. (Ps. 143:5) "I remember the days of _____."
- d. (Ps. 143:5) "I meditate on all Your _____."
- e. Ps. 105:5) "Remember the works He has _____."

Notice that David is thinking back in his life- God came through every time. God has proven to be faithful; He will be faithful now too.

5. Deut. 7:9 "Therefore know that your God is a _____ God; He keeps His promises for thousands of _____."

6. Philippians 3:13-14 "Brothers, I have not reached perfection, but this one thing I do, _____ what is behind, I reach ahead, and press toward the goal."

Paul did not say "don't look back". He said, "when you look back" at how faithful God was, you will also see your mistakes. "Forget them." Focus on how God loved, forgave & carried you through. That is hope.