



# Overflowing with Hope

## November Bible Study Series

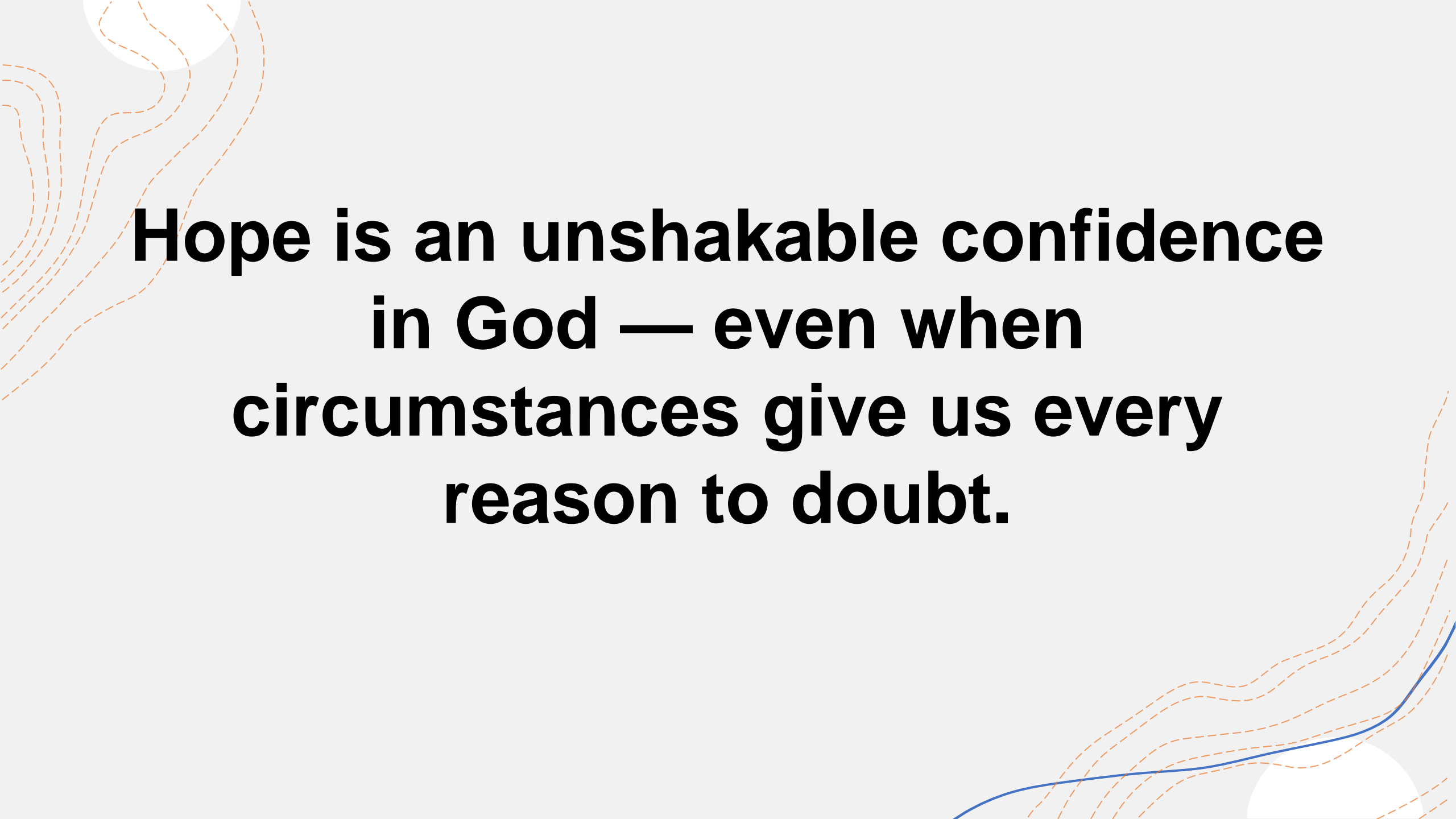
+



## **Biblical Definition**

**“Hope is an expectation with certainty that God will do what He has said.”**





**Hope is an unshakable confidence  
in God — even when  
circumstances give us every  
reason to doubt.**




# The Enemies of Hope

## Lesson Three

+




**Enemy # 1**  
**Focusing on the Negative.**



**I Corinthians 10:10, Nor complain,  
as some of them also complained,  
and were destroyed by the  
destroyer.**

**Philippians 2:14, Do all things  
without murmurings and disputing.**



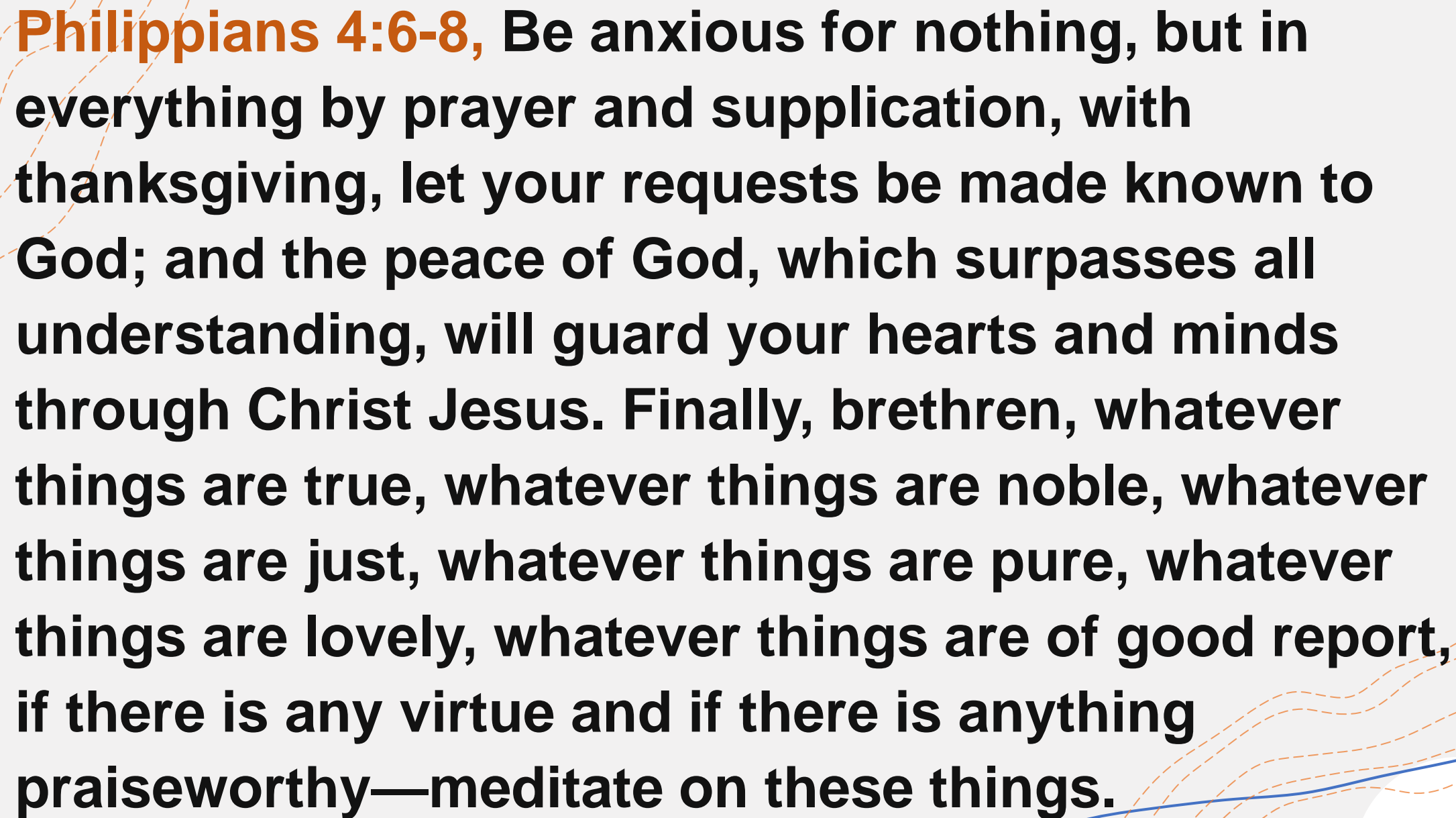


**“If you spend five minutes complaining, you have just wasted five minutes.”**

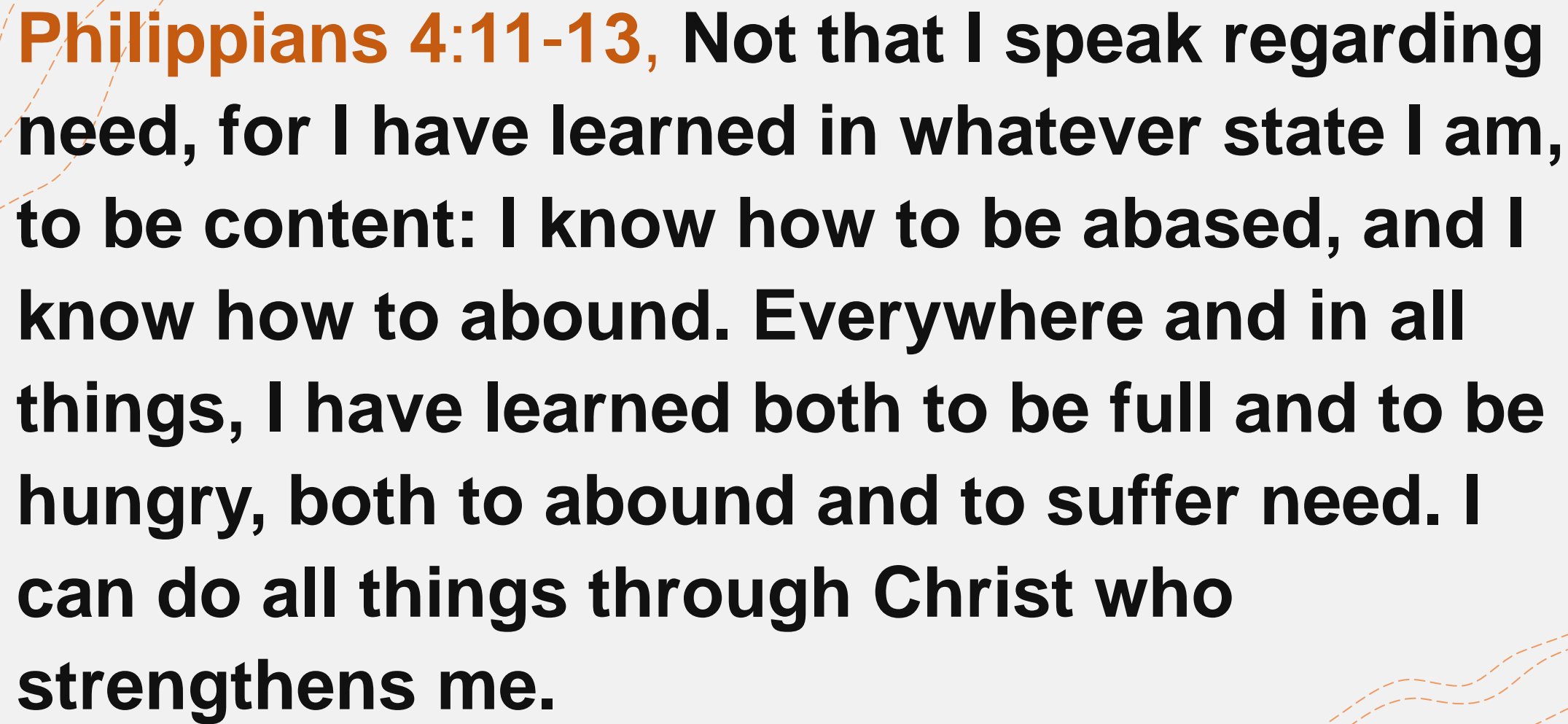


**1. The Strategy to Overcome  
Negativity is to Focus on Positive  
and Praiseworthy Things.**

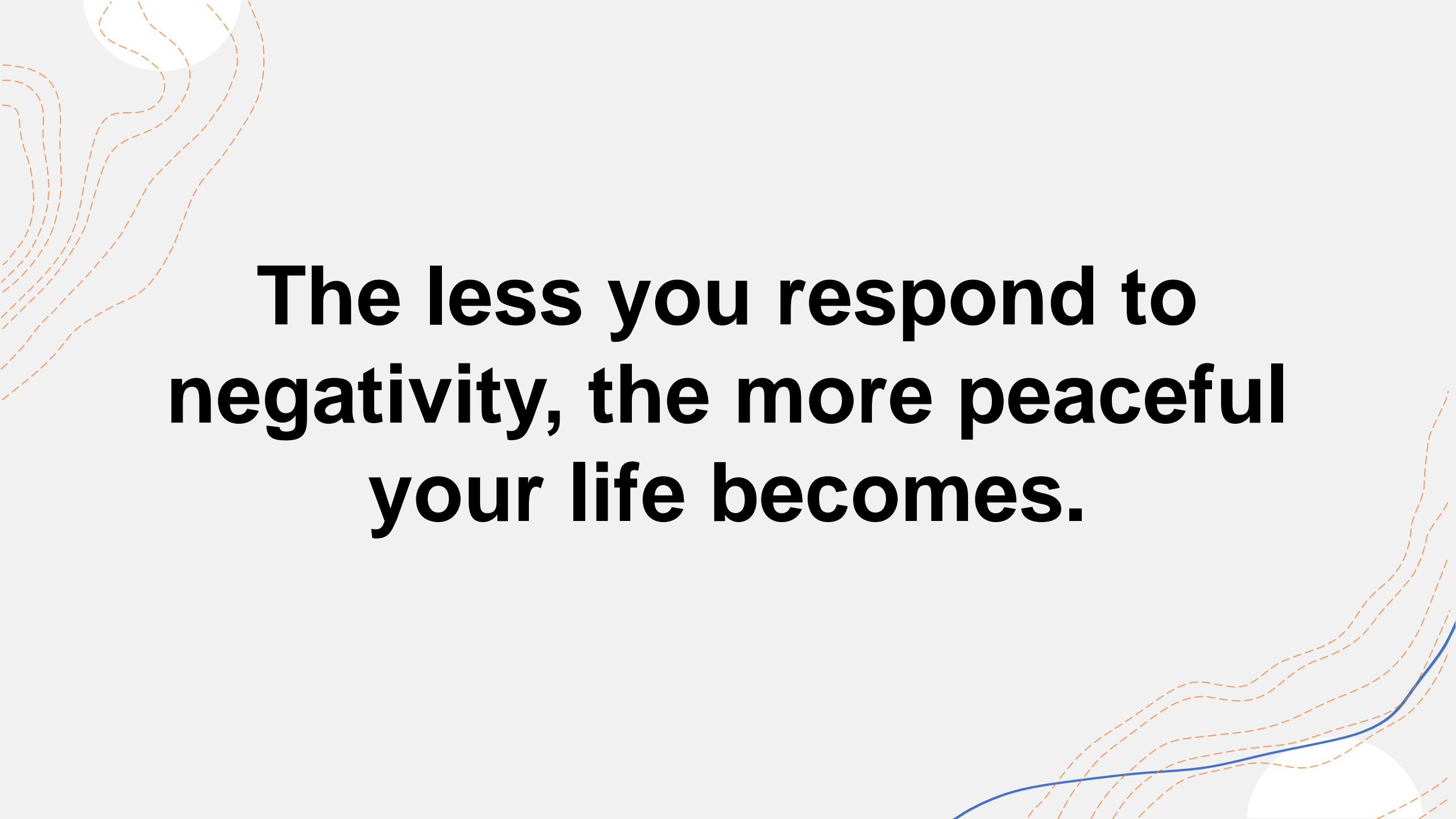




**Philippians 4:6-8**, Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.



**Philippians 4:11-13**, Not that I speak regarding need, for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things, I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me.

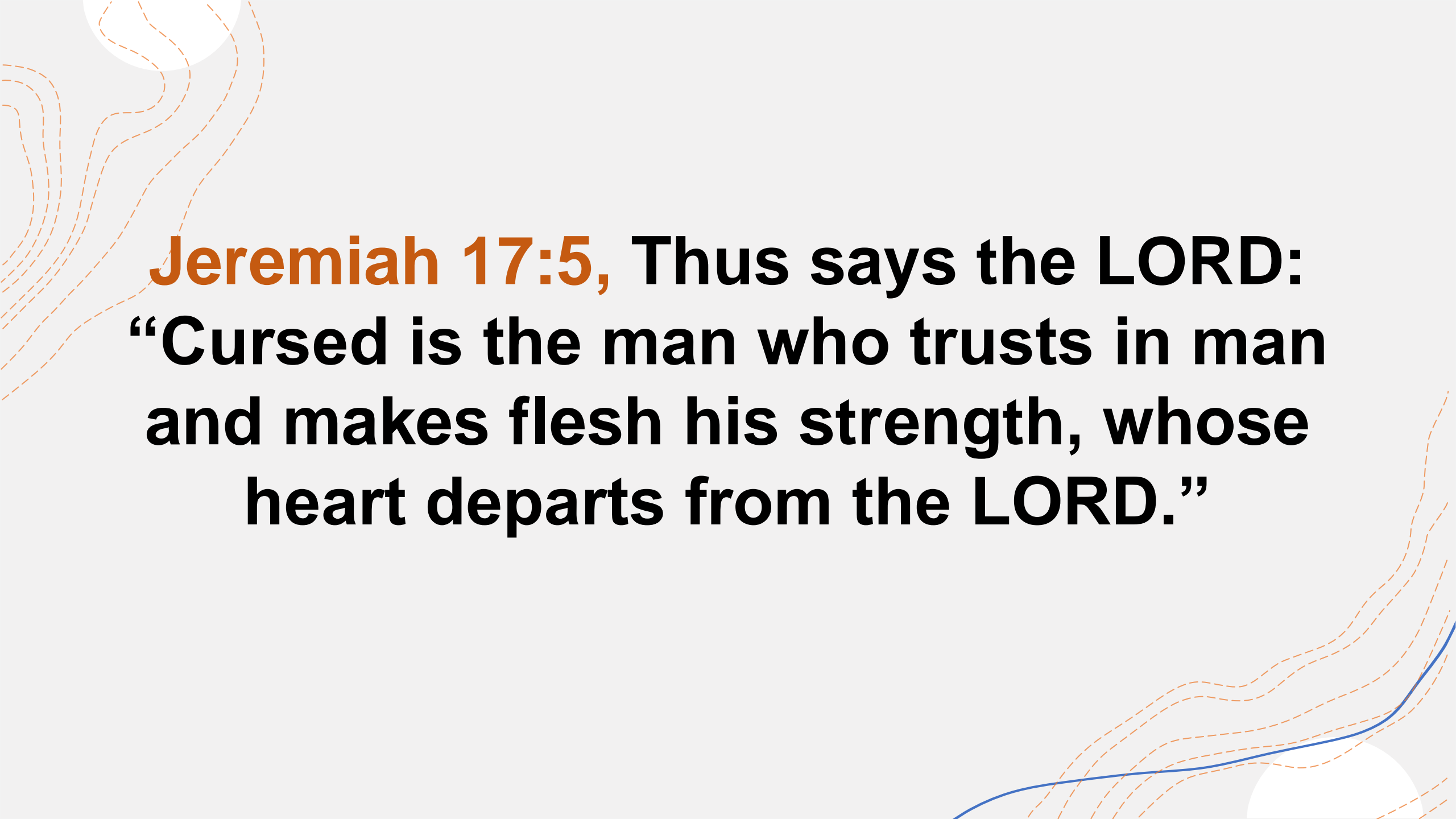


**The less you respond to  
negativity, the more peaceful  
your life becomes.**



**Enemy # 2**  
**Focusing on People.**

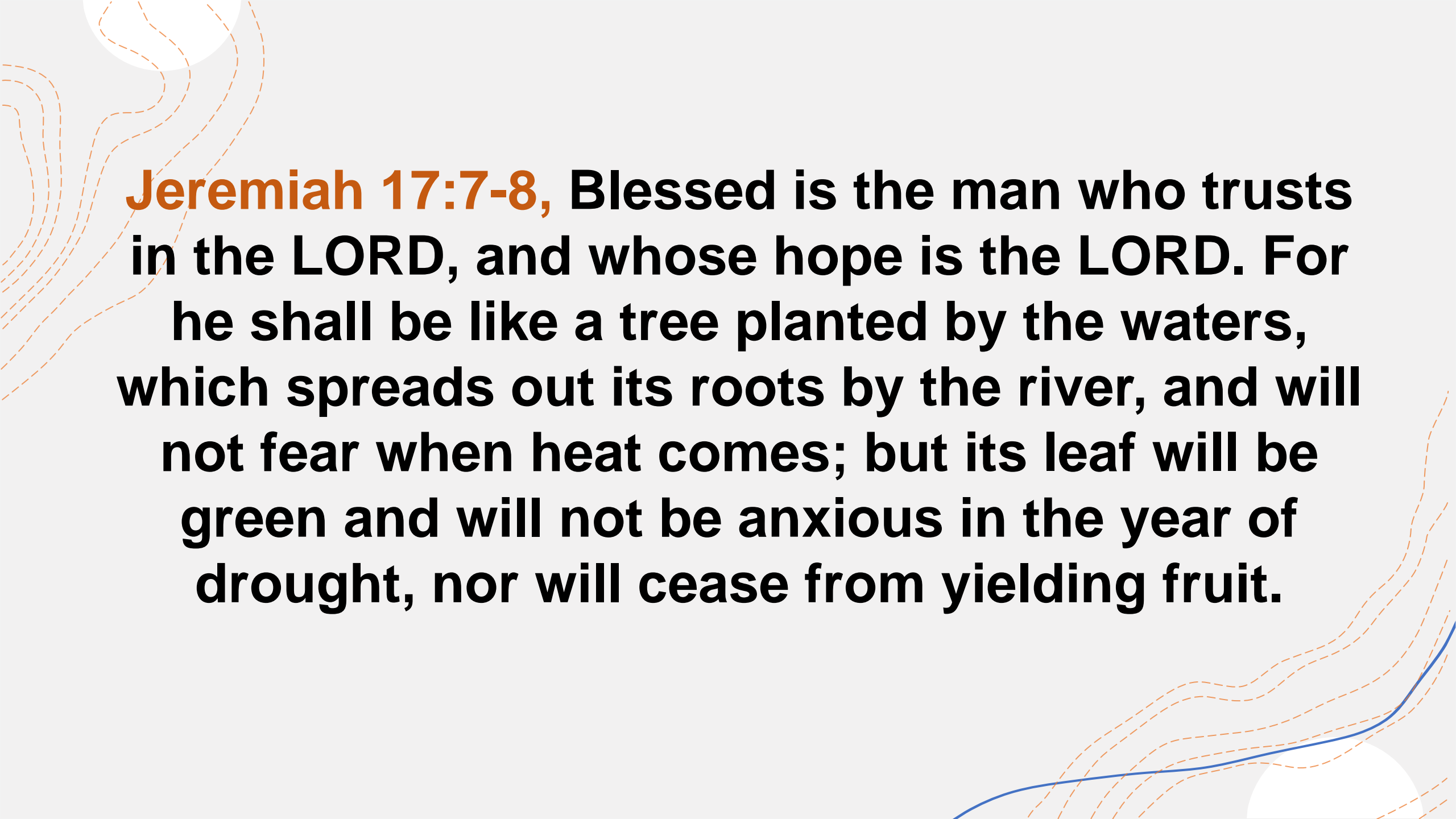




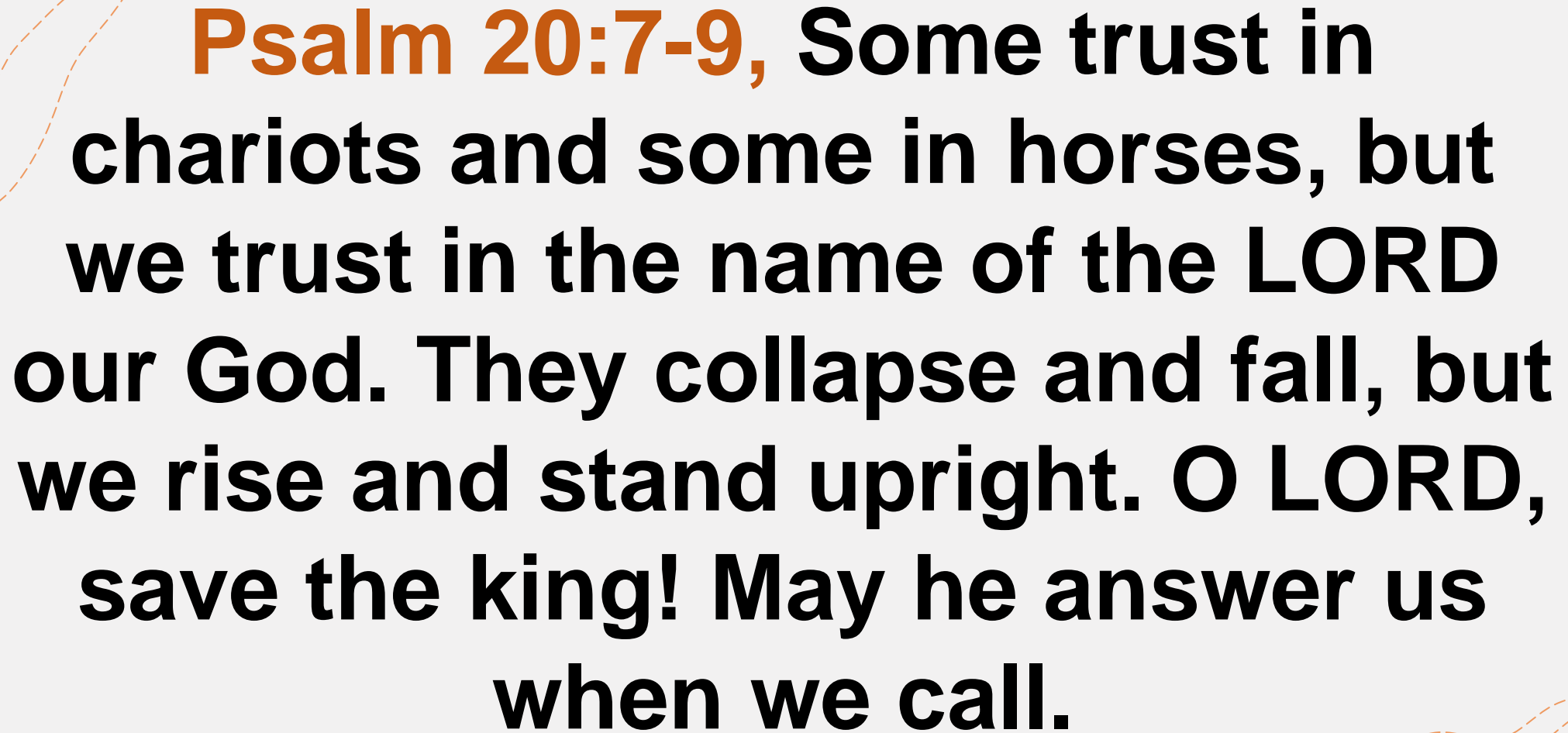
**Jeremiah 17:5, Thus says the LORD:**  
**“Cursed is the man who trusts in man  
and makes flesh his strength, whose  
heart departs from the LORD.”**



## **2. The Strategy to Overcome Focusing on People is to Trust in God.**

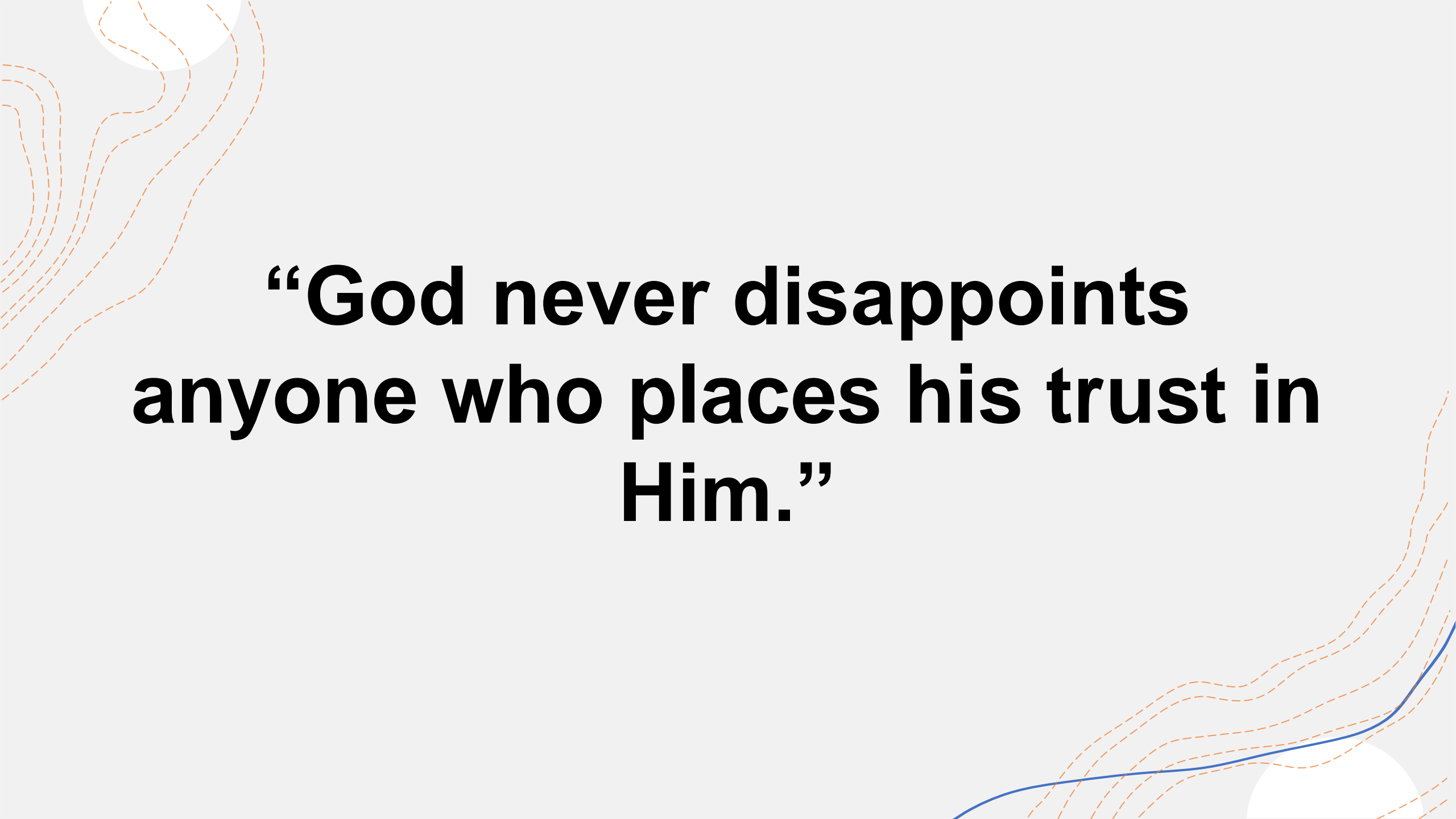


**Jeremiah 17:7-8, Blessed is the man who trusts in the LORD, and whose hope is the LORD. For he shall be like a tree planted by the waters, which spreads out its roots by the river, and will not fear when heat comes; but its leaf will be green and will not be anxious in the year of drought, nor will cease from yielding fruit.**



**Psalm 20:7-9, Some trust in chariots and some in horses, but we trust in the name of the LORD our God. They collapse and fall, but we rise and stand upright. O LORD, save the king! May he answer us when we call.**

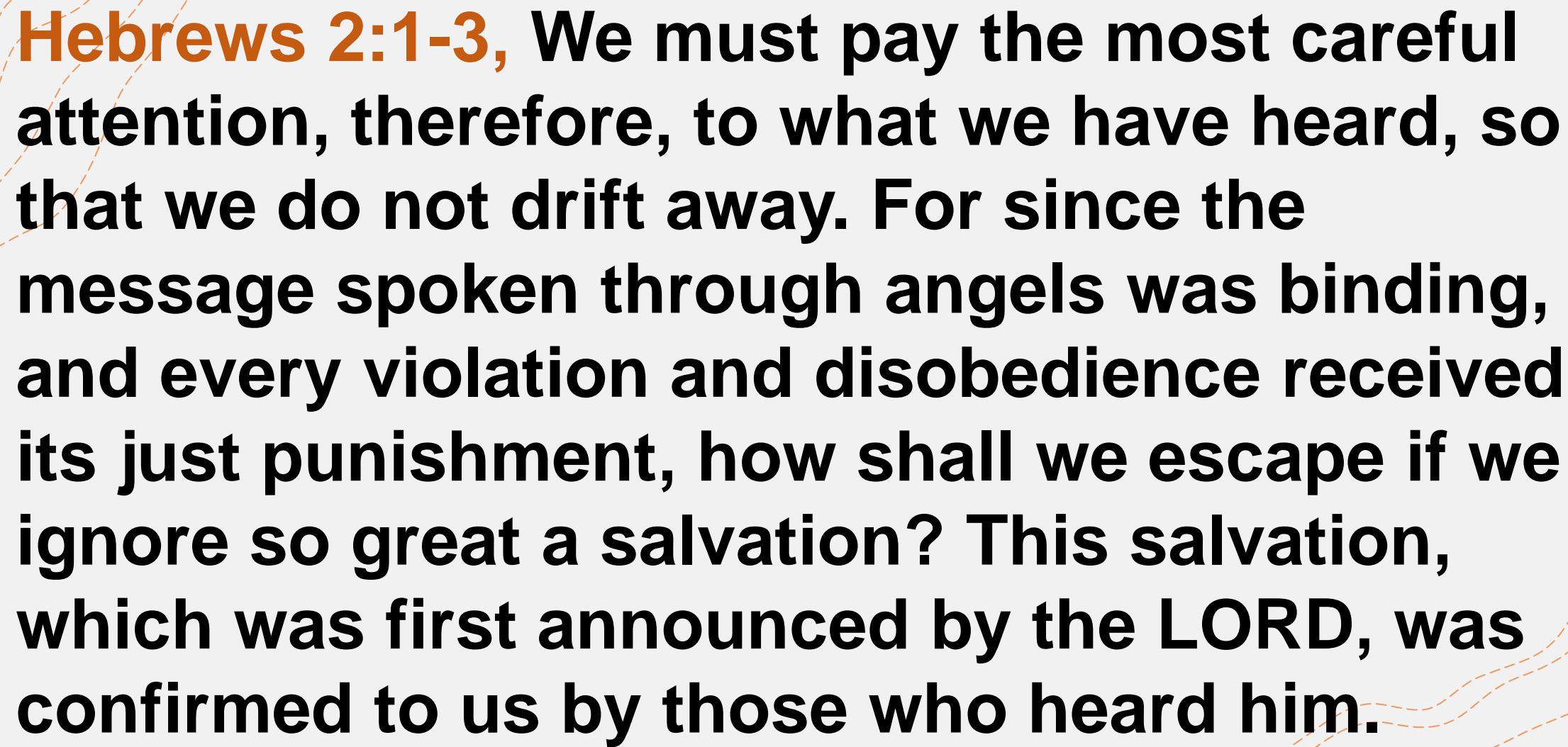




**“God never disappoints  
anyone who places his trust in  
Him.”**



**Enemy # 3**  
**Drifting Away from God.**



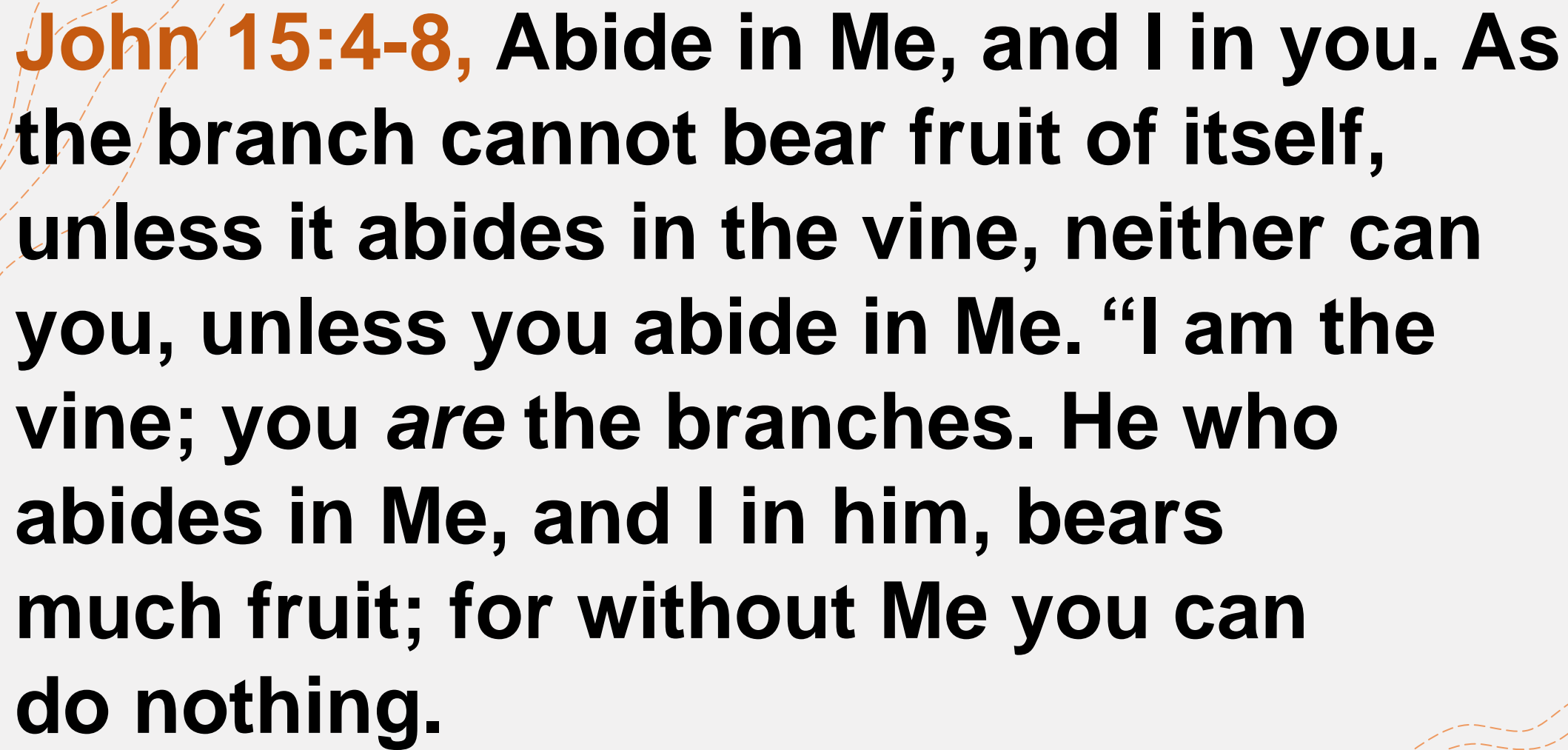
**Hebrews 2:1-3, We must pay the most careful attention, therefore, to what we have heard, so that we do not drift away. For since the message spoken through angels was binding, and every violation and disobedience received its just punishment, how shall we escape if we ignore so great a salvation? This salvation, which was first announced by the LORD, was confirmed to us by those who heard him.**



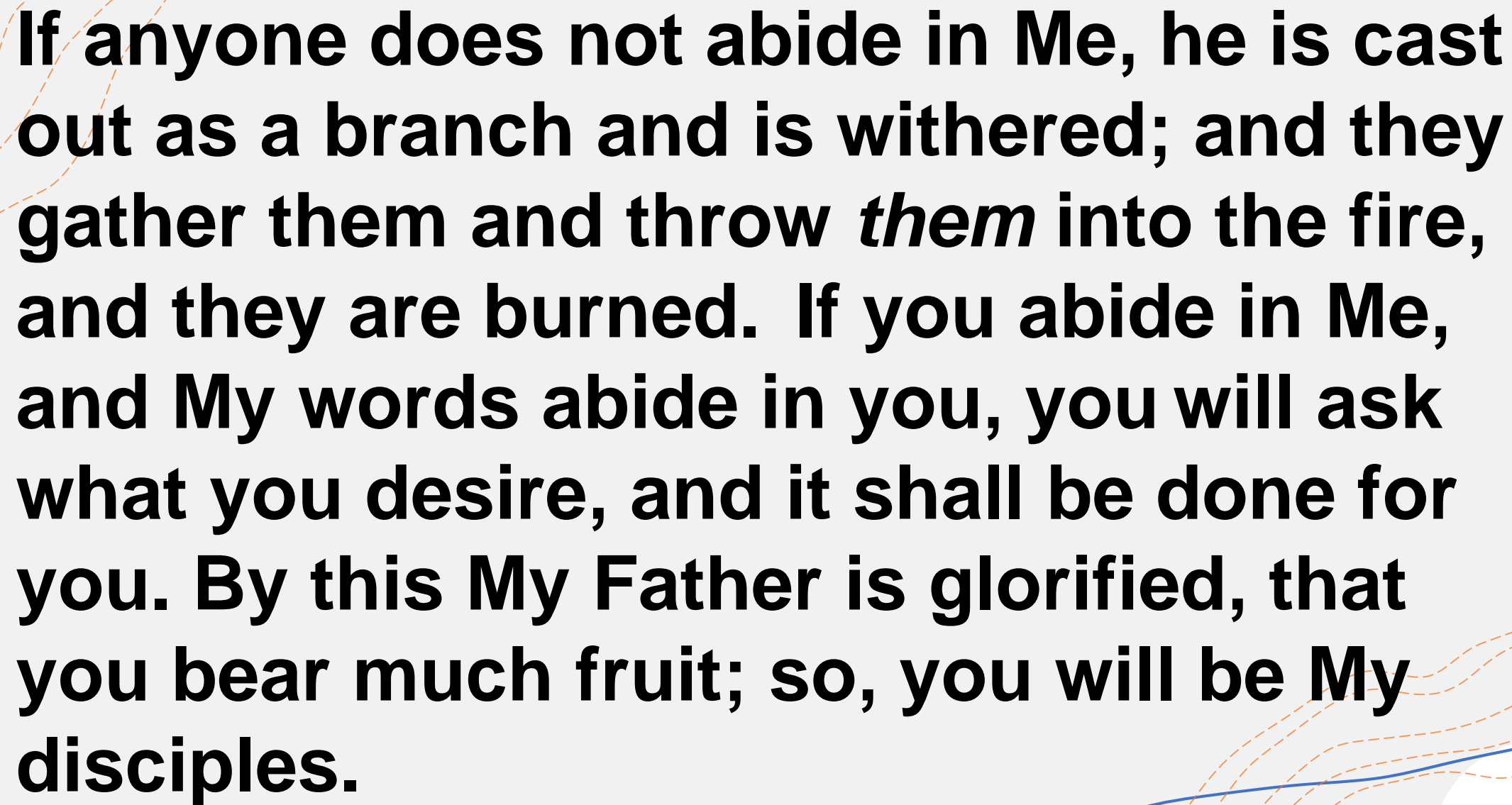
**“If God seems far away,  
guess who moved.”**



**3. The Strategy to Overcome  
Drifting Away from God is to  
Abide in Christ Jesus.**



**John 15:4-8, Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. “I am the vine; you *are* the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.**



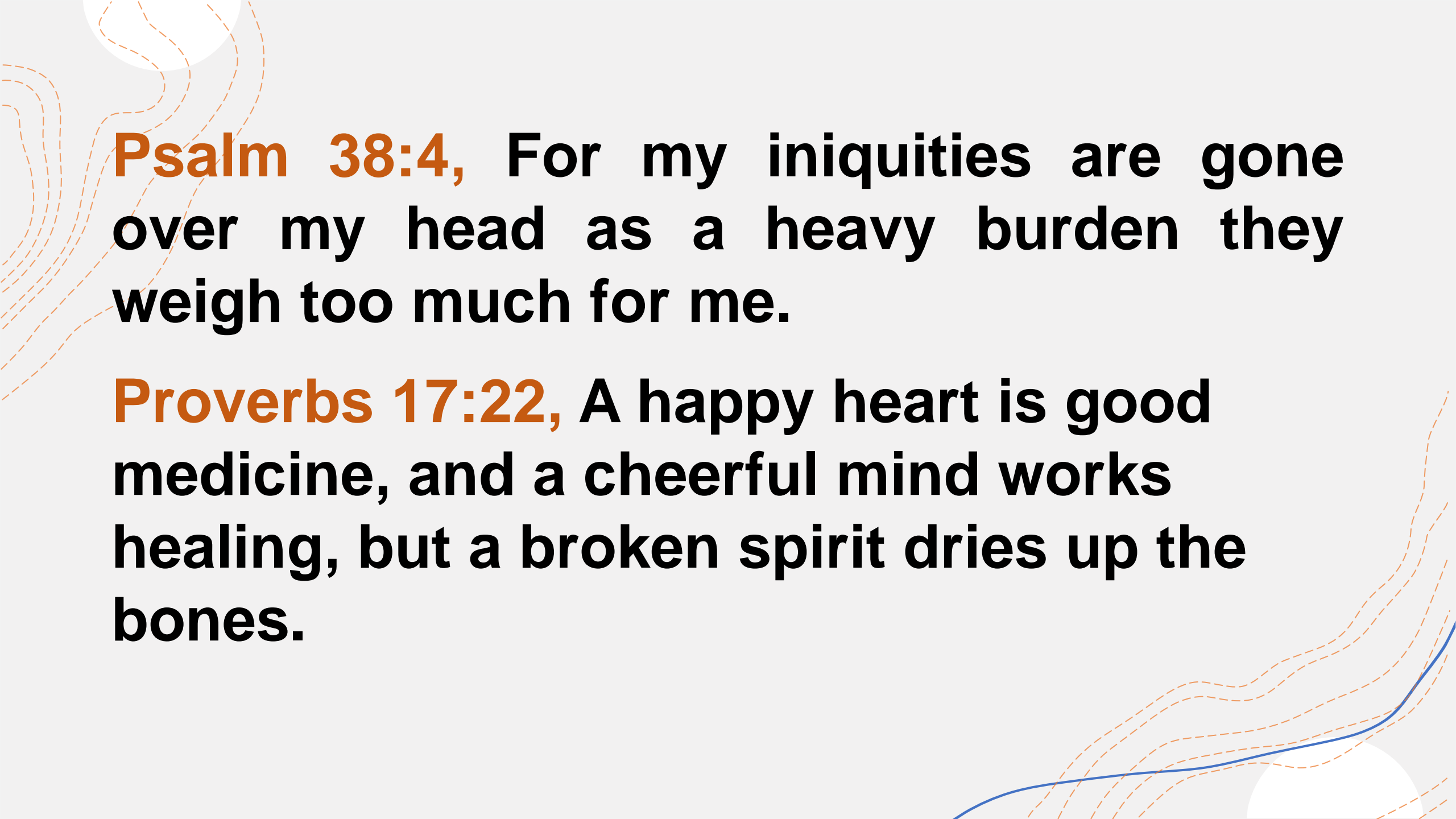
**If anyone does not abide in Me, he is cast out as a branch and is withered; and they gather them and throw *them* into the fire, and they are burned. If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. By this My Father is glorified, that you bear much fruit; so, you will be My disciples.**



## Enemy # 4

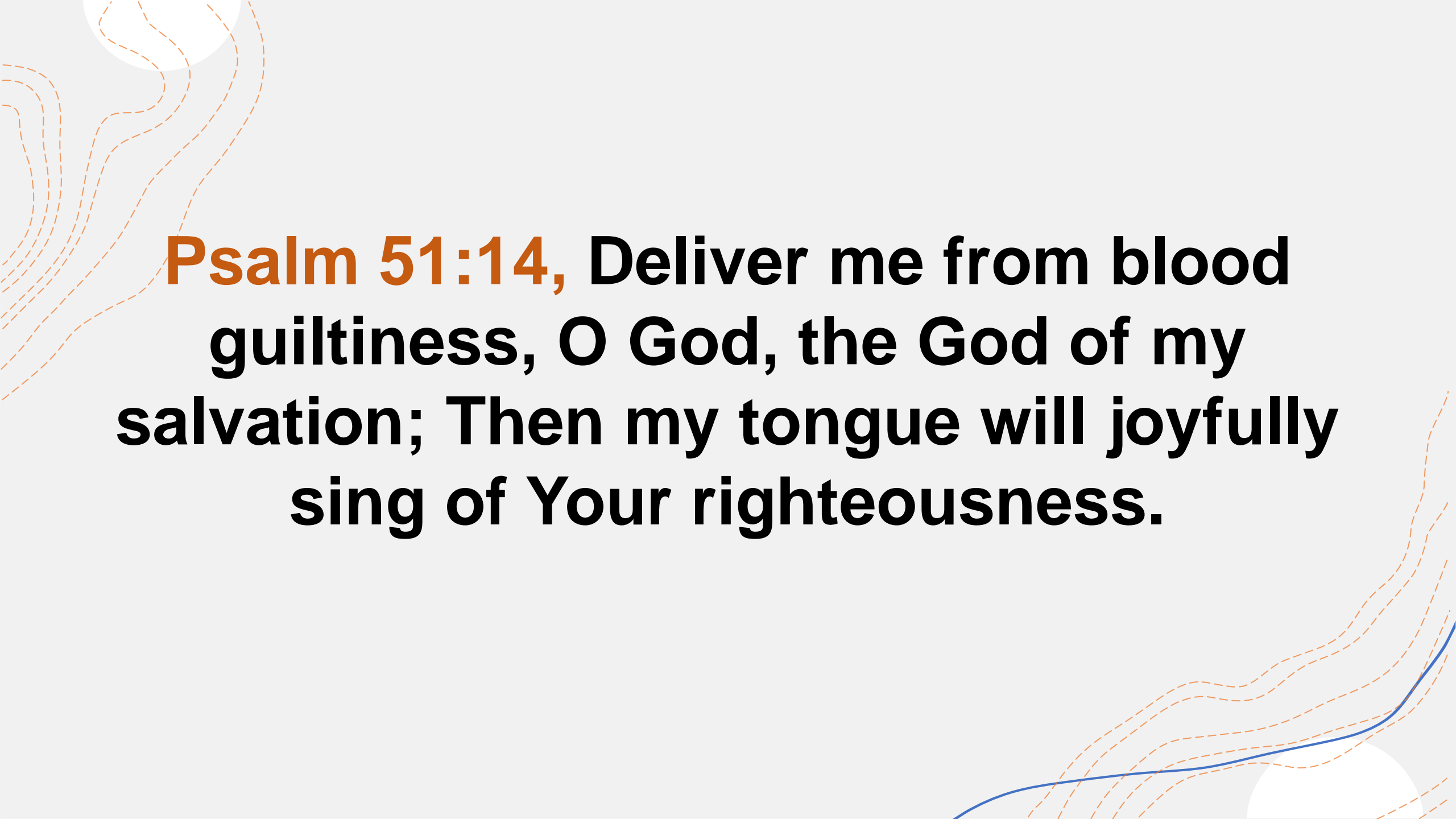
**Avoid the Poison of Guilt.**





**Psalm 38:4,** For my iniquities are gone over my head as a heavy burden they weigh too much for me.

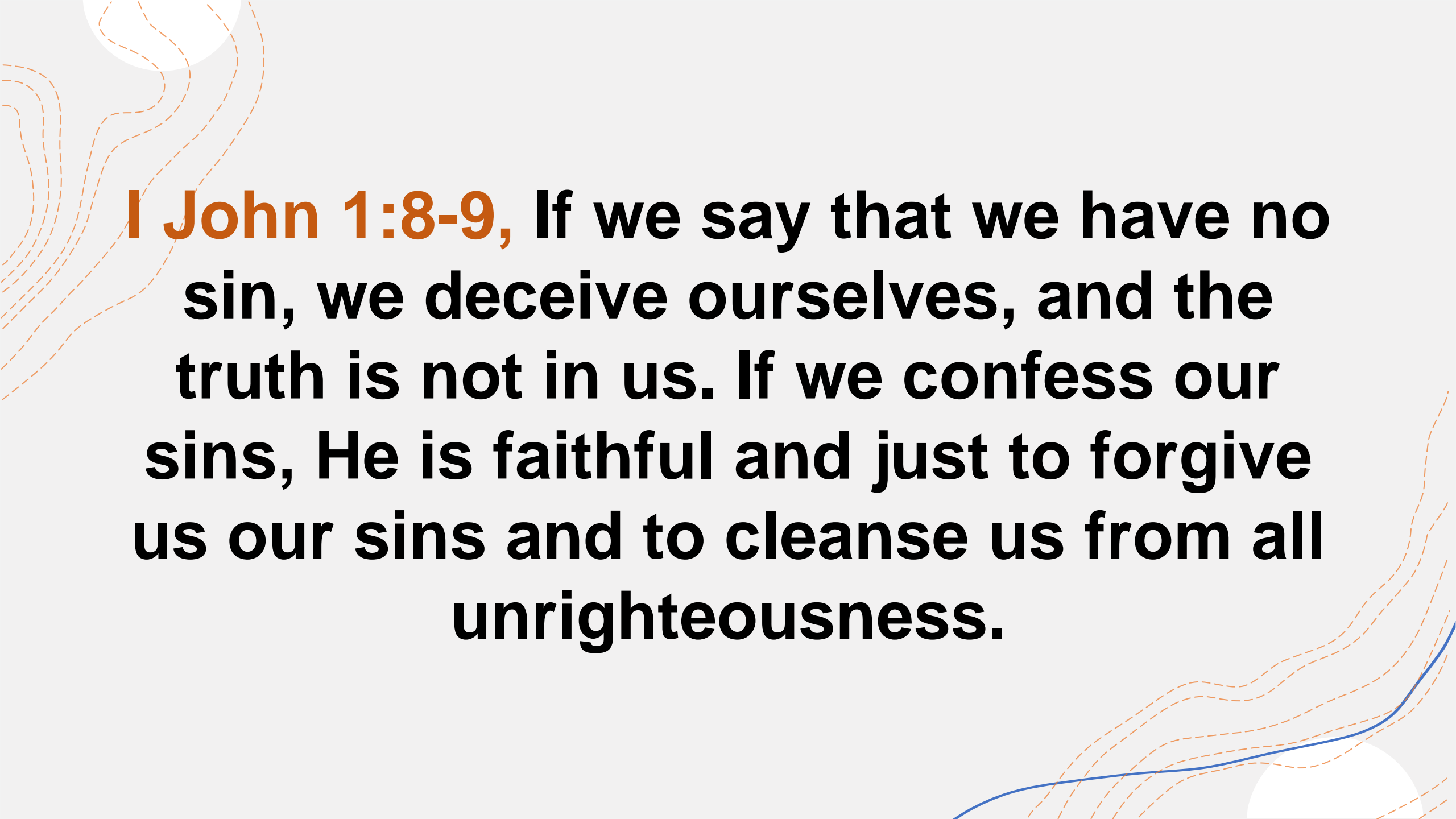
**Proverbs 17:22,** A happy heart is good medicine, and a cheerful mind works healing, but a broken spirit dries up the bones.



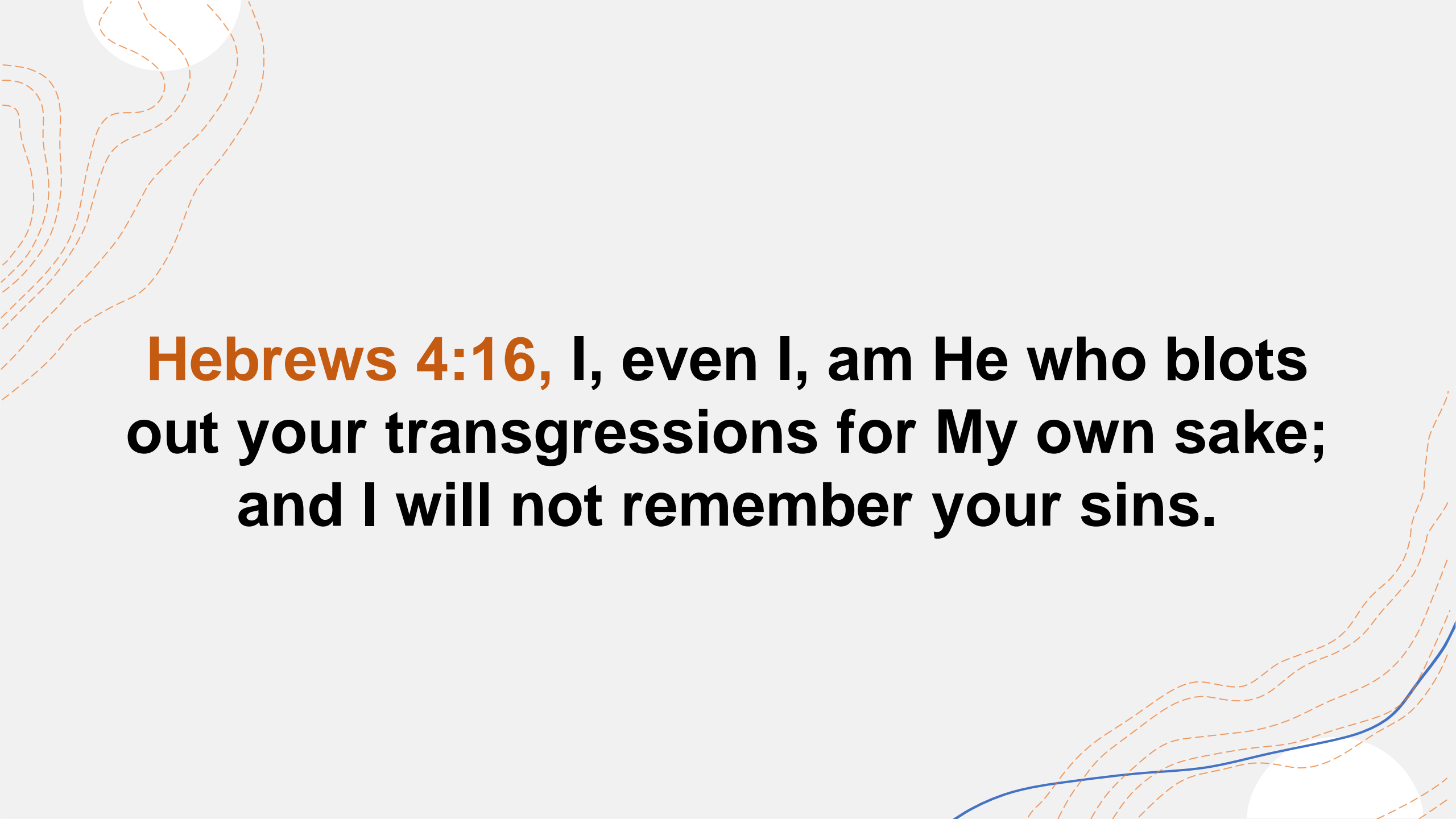
**Psalm 51:14, Deliver me from blood  
guiltiness, O God, the God of my  
salvation; Then my tongue will joyfully  
sing of Your righteousness.**



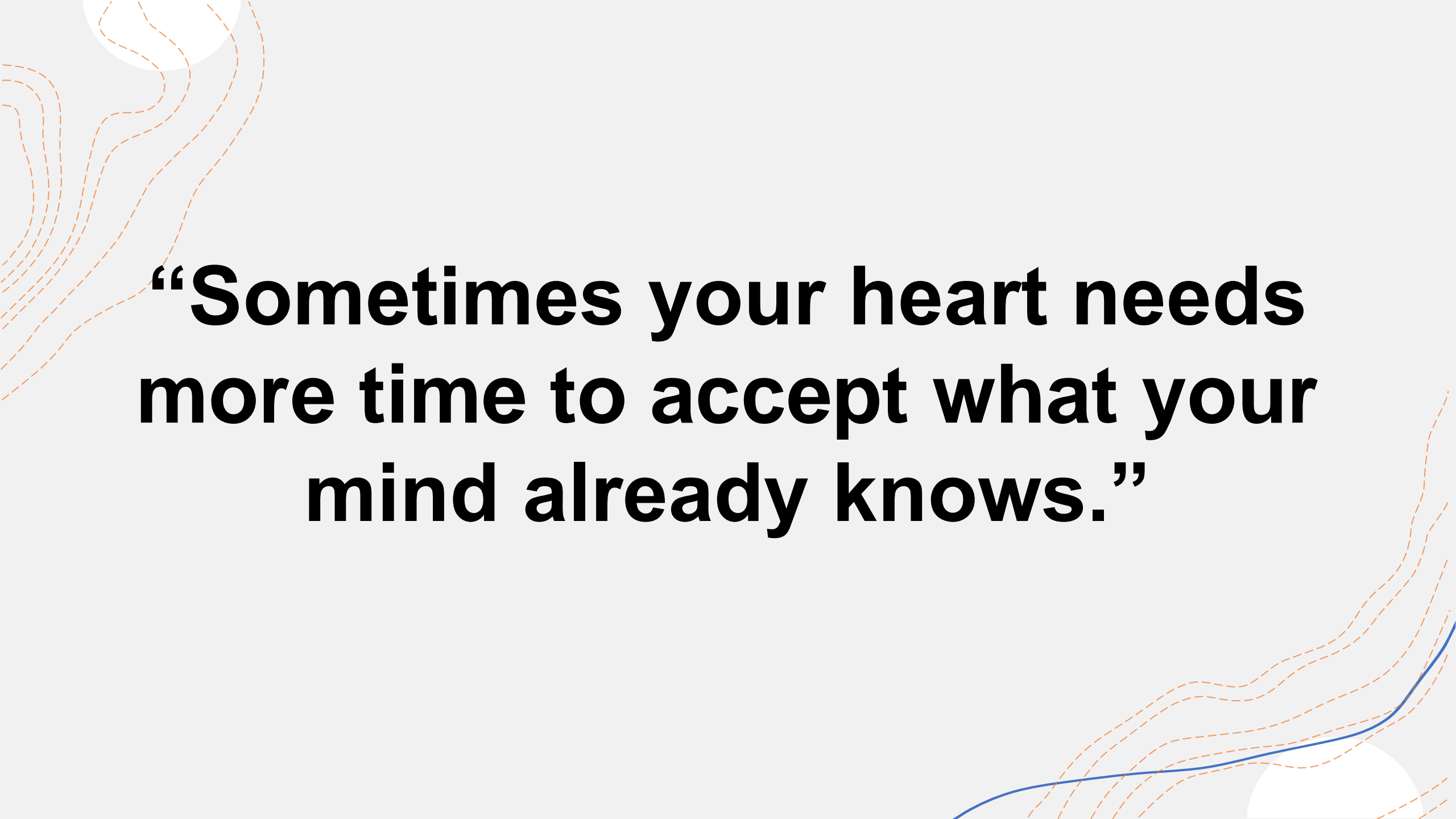
**4. The Strategy to Overcome  
Guilt is to Repent and Receive  
Forgiveness.**



**I John 1:8-9, If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.**



**Hebrews 4:16, I, even I, am He who blots out your transgressions for My own sake; and I will not remember your sins.**

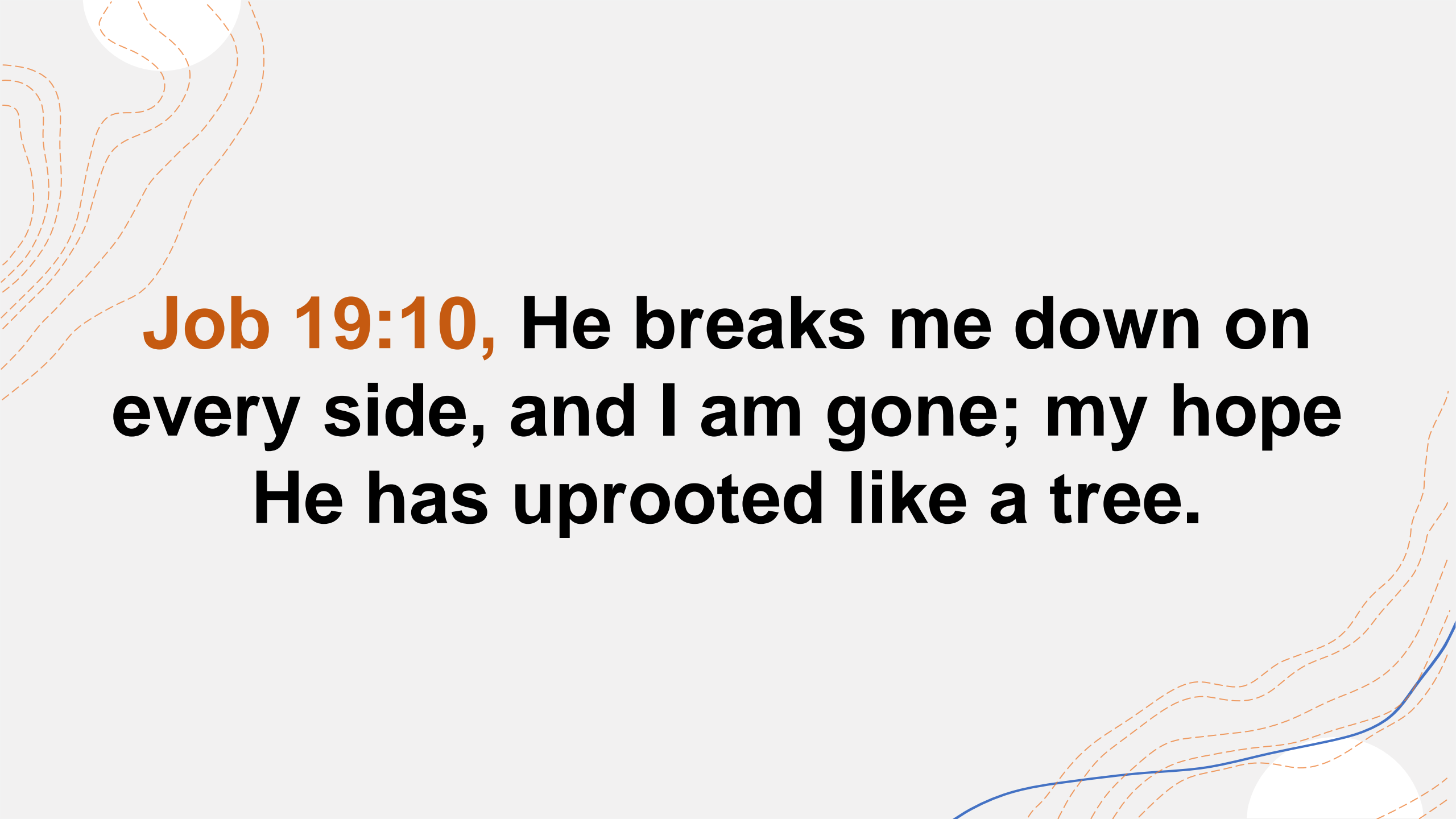


**“Sometimes your heart needs more time to accept what your mind already knows.”**



# Enemy # 5

## Trials

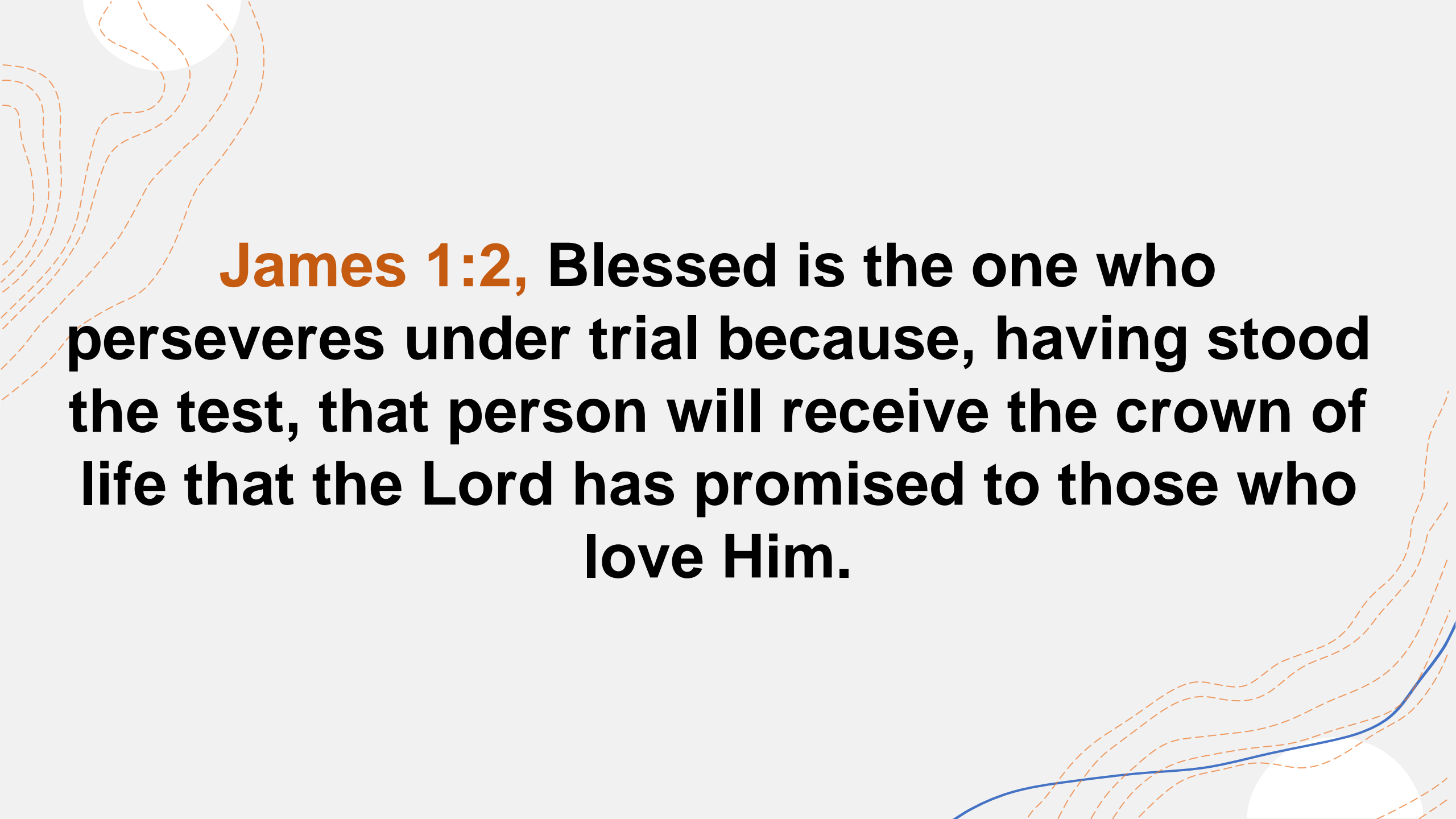


**Job 19:10, He breaks me down on every side, and I am gone; my hope He has uprooted like a tree.**

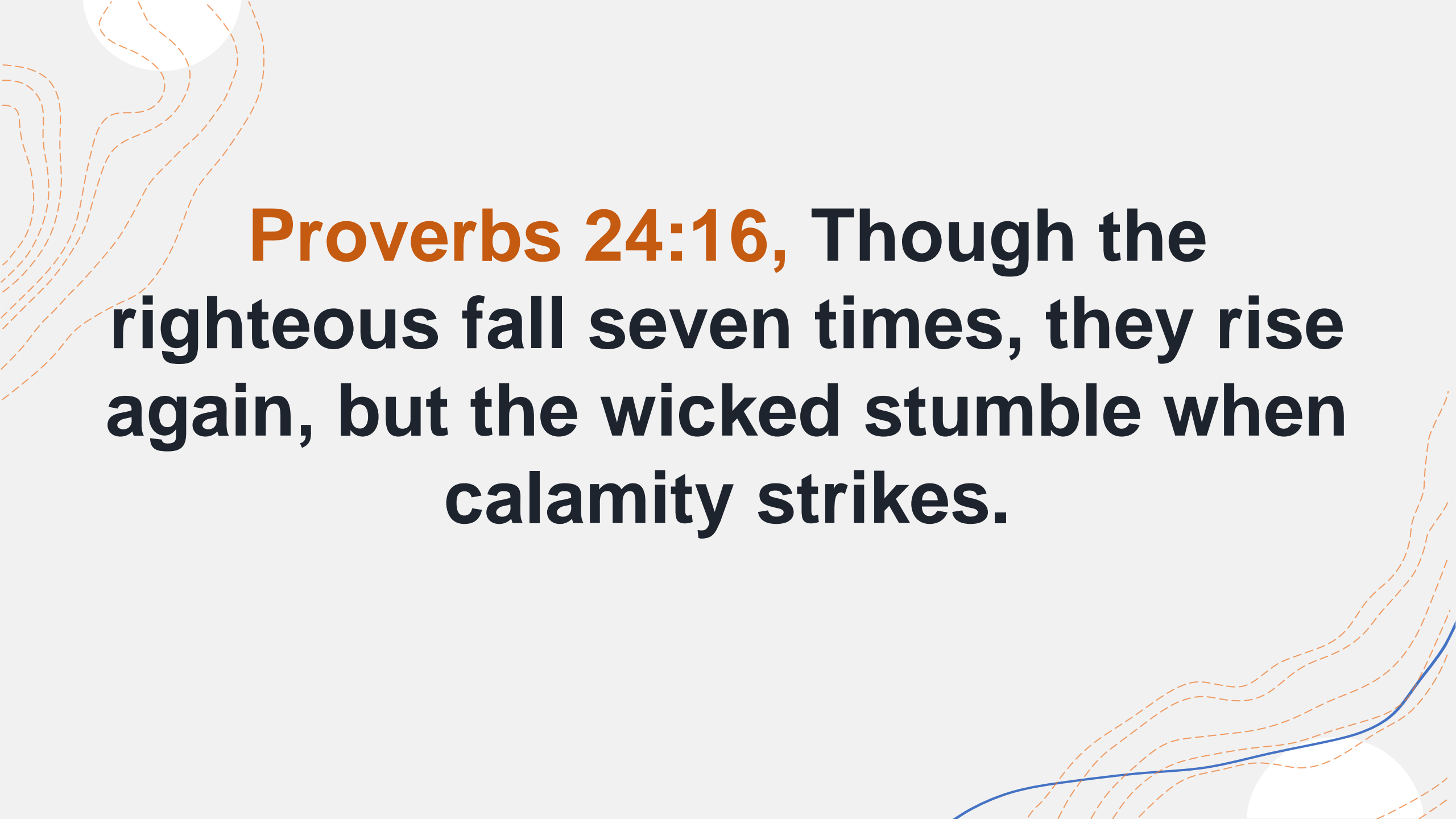




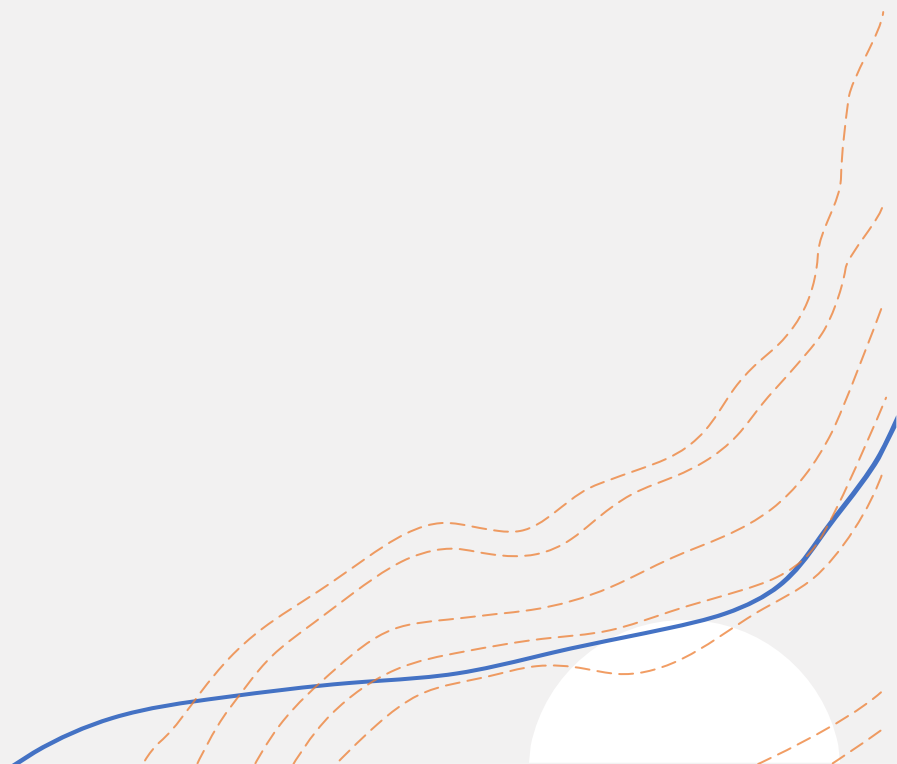

# **5. The Strategy to Overcome Trials is to be Resilient.**



**James 1:2, Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love Him.**



**Proverbs 24:16, Though the righteous fall seven times, they rise again, but the wicked stumble when calamity strikes.**



# Enemy # 6

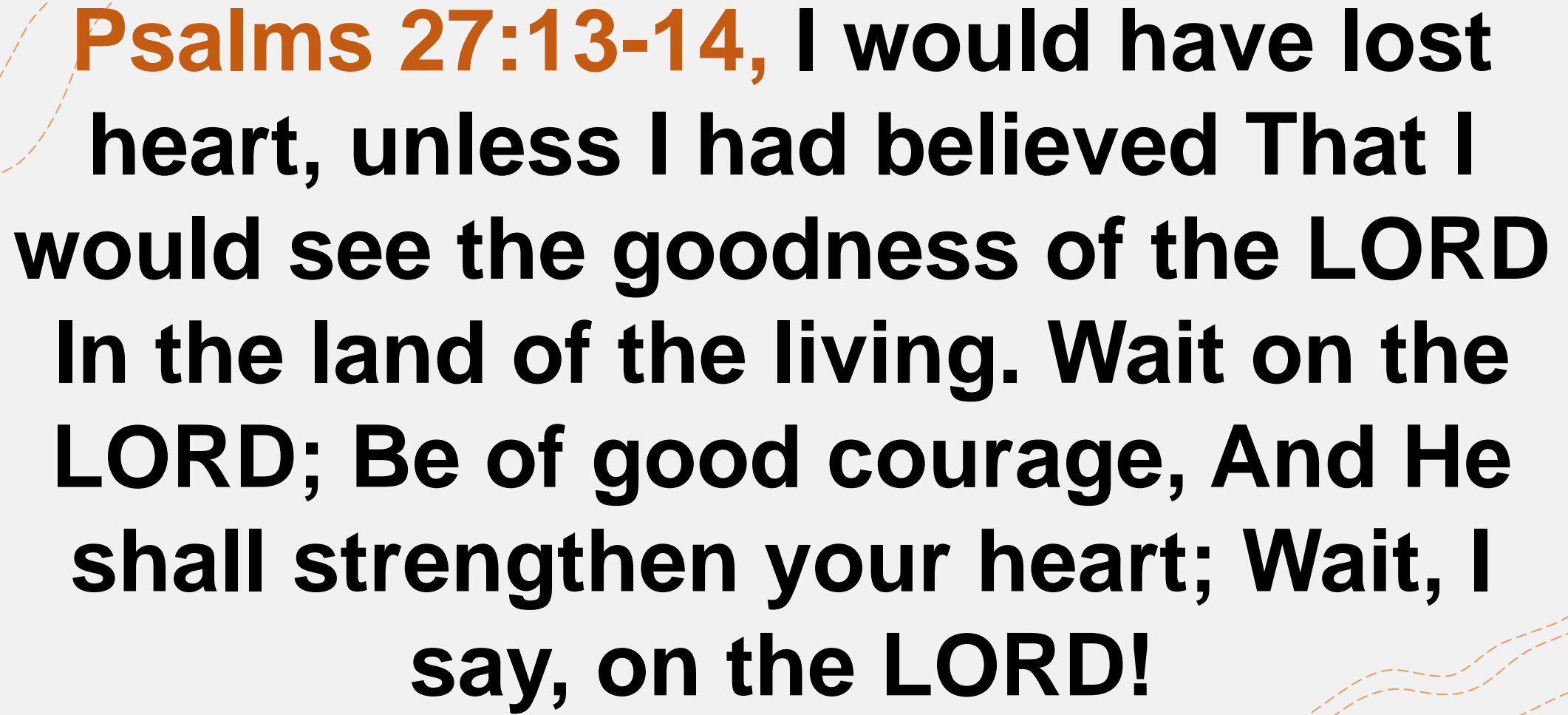
## Delay



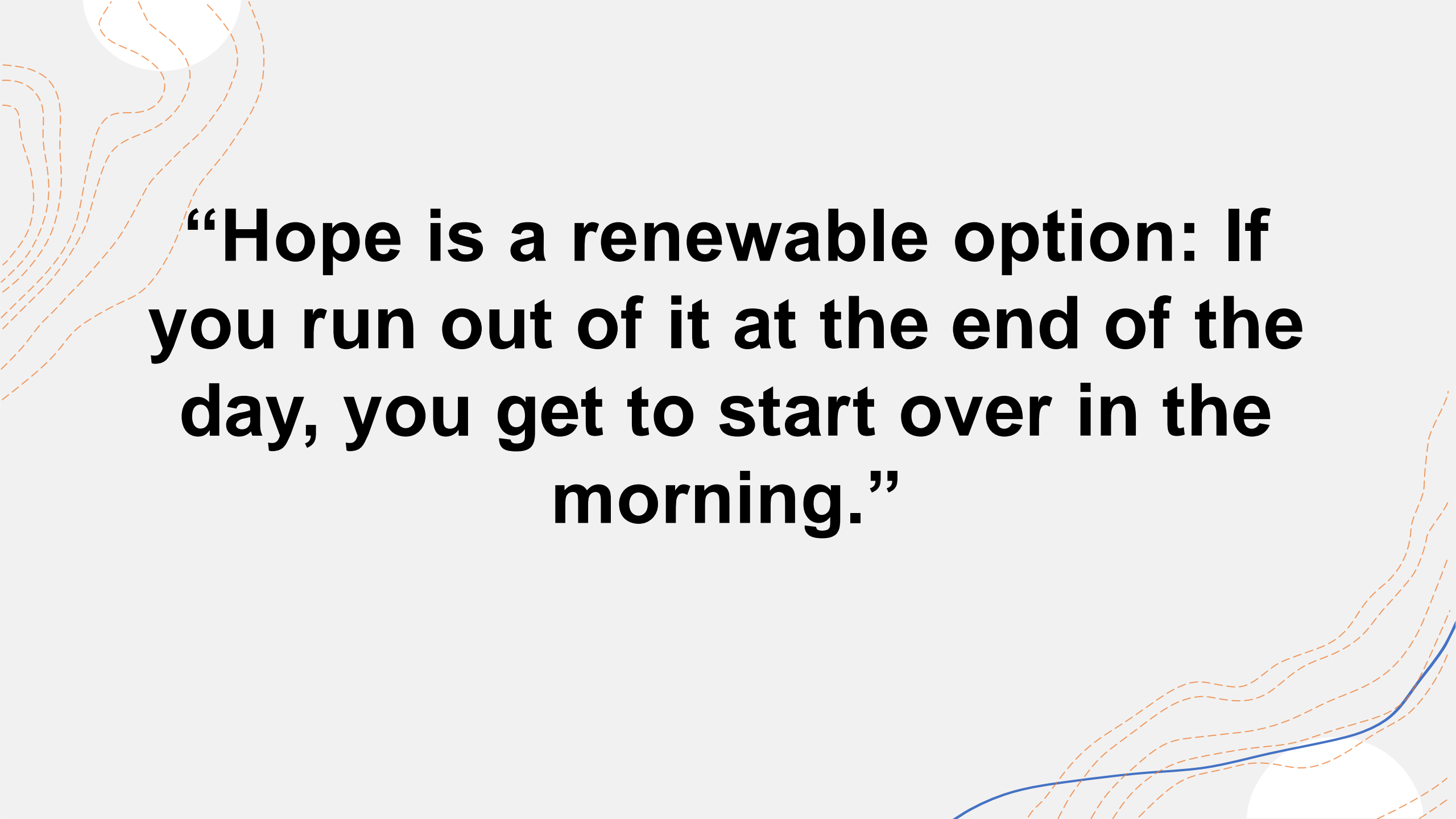
**Proverbs 13:12, Hope deferred  
makes the heart sick...**



**6. The Strategy to Overcome  
Delay is to Wait on God.**



**Psalms 27:13-14, I would have lost heart, unless I had believed That I would see the goodness of the LORD In the land of the living. Wait on the LORD; Be of good courage, And He shall strengthen your heart; Wait, I say, on the LORD!**



**“Hope is a renewable option: If you run out of it at the end of the day, you get to start over in the morning.”**



## **Bible Study Follow Up Chat Questions:**

- 1. What was your takeaway from the lesson?**
- 2. How would you approach a negative Christian? A non-Christian?**
- 3. How can you overcome negative thinking?**
- 4. What does it mean to trust God?**
- 5. How should you deal with the feelings of guilt?**
- 6. What are some challenges in life that will test your resiliency? How do you bounce back?**
- 7. What were some areas in your life where you experienced deferred hope? Was it grounded on God's Word and in His promises?**