



Overflowing with Hope

December Bible Study Series

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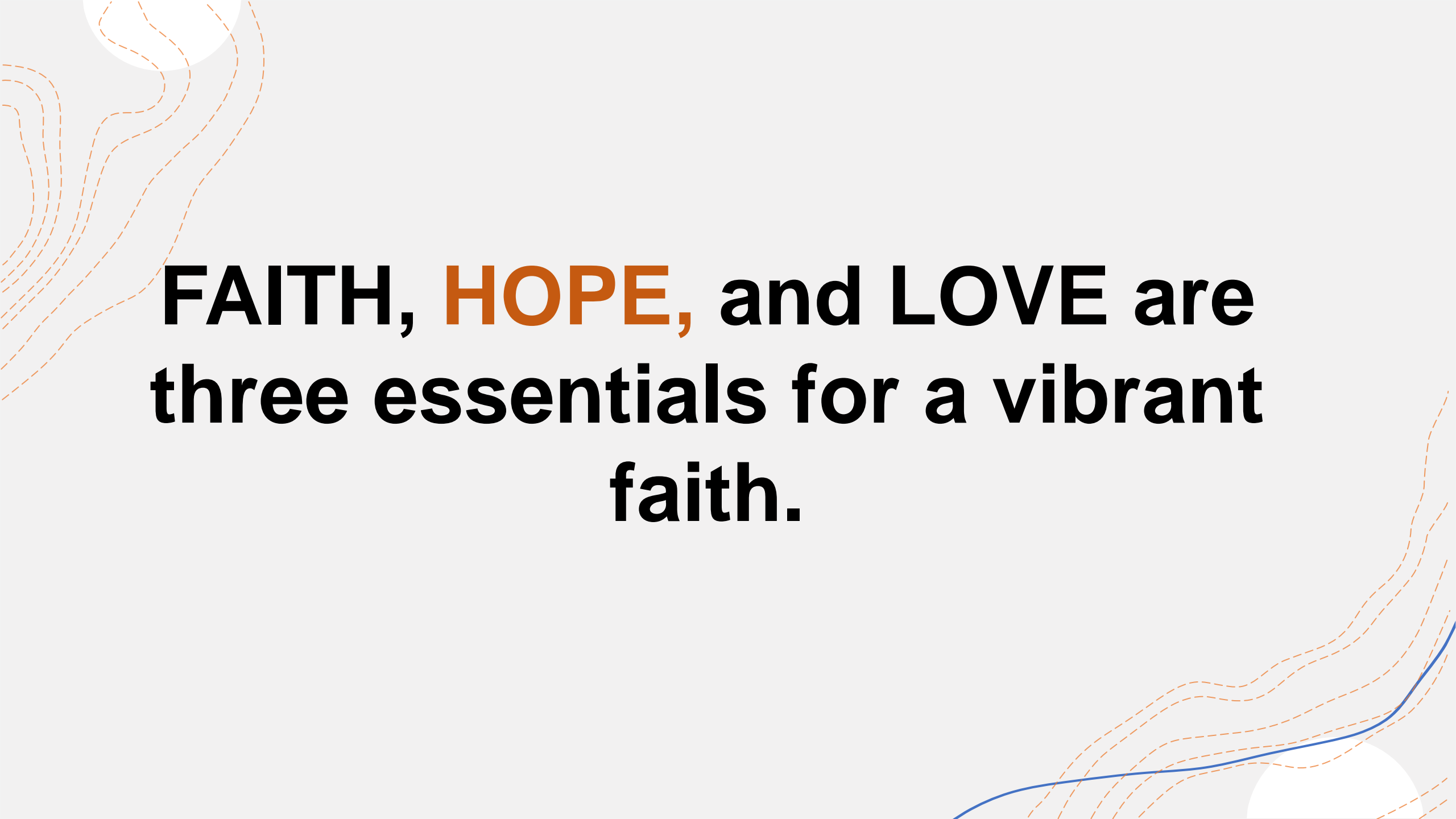


Overcoming Hopelessness

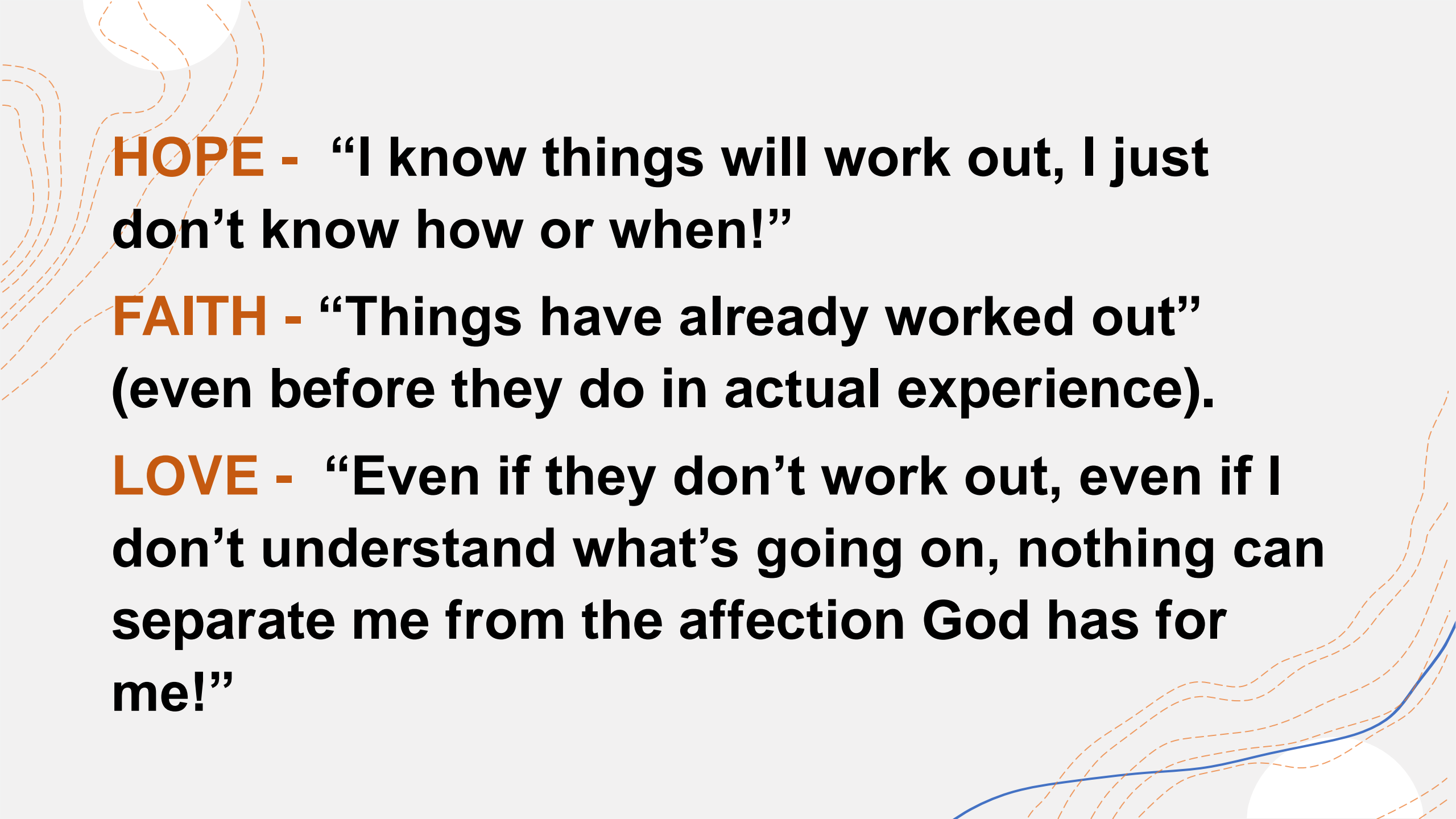
Lesson Five



**“Pray hardest when it is
hard to pray.”**



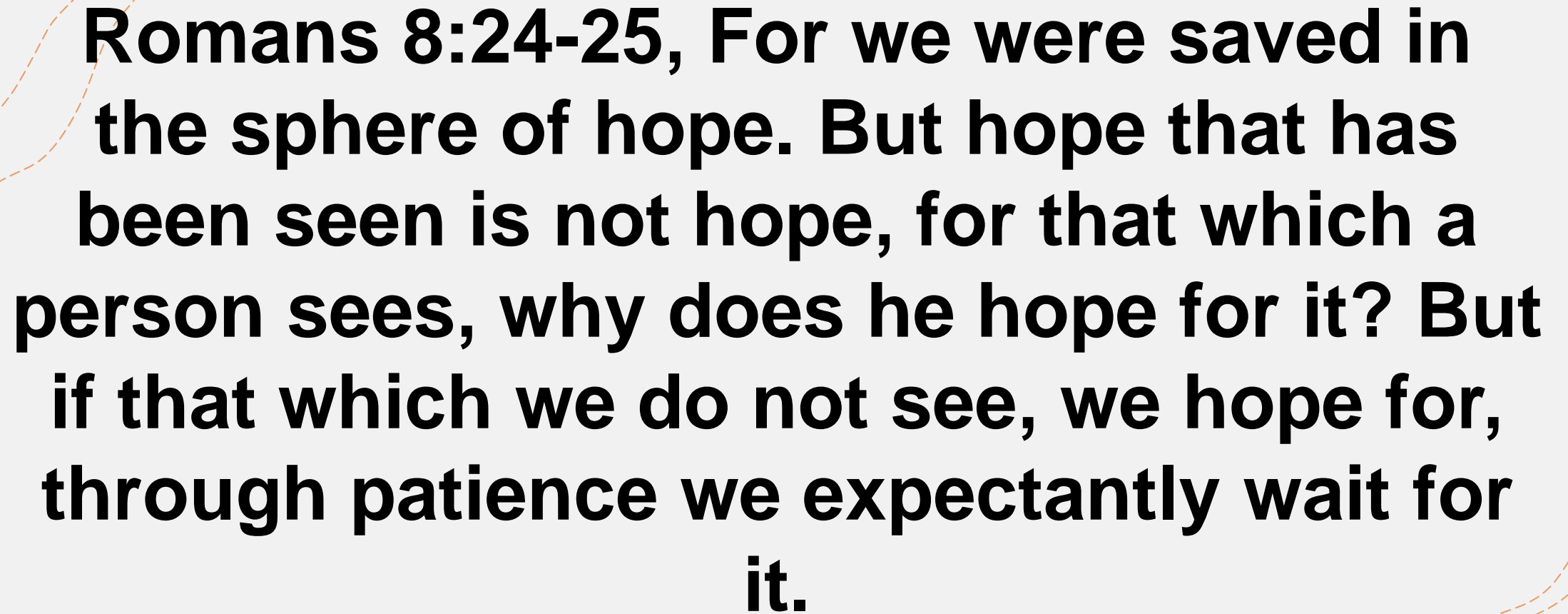
**FAITH, HOPE, and LOVE are
three essentials for a vibrant
faith.**



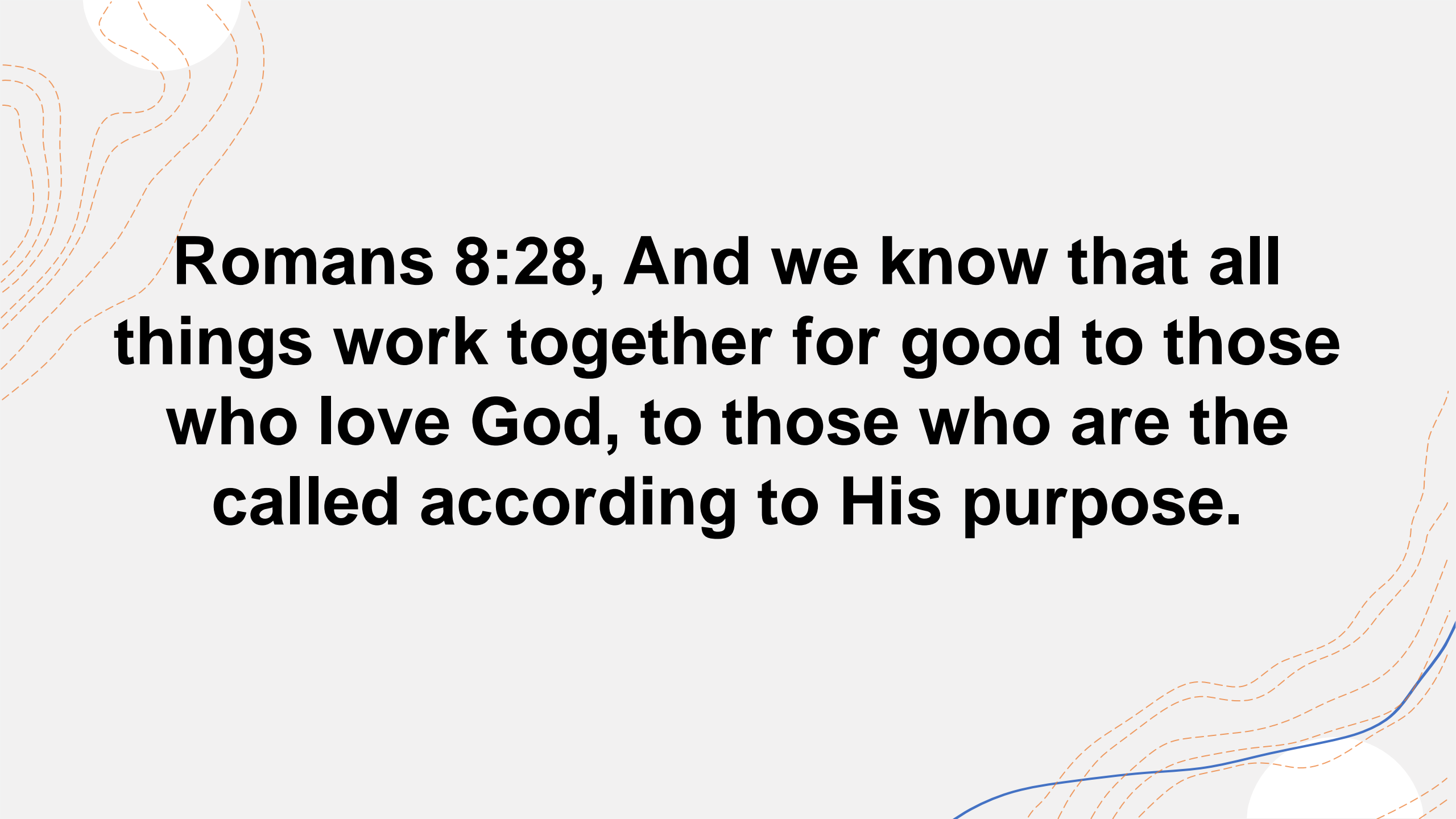
HOPE - “I know things will work out, I just don’t know how or when!”

FAITH - “Things have already worked out” (even before they do in actual experience).

LOVE - “Even if they don’t work out, even if I don’t understand what’s going on, nothing can separate me from the affection God has for me!”



Romans 8:24-25, For we were saved in the sphere of hope. But hope that has been seen is not hope, for that which a person sees, why does he hope for it? But if that which we do not see, we hope for, through patience we expectantly wait for it.



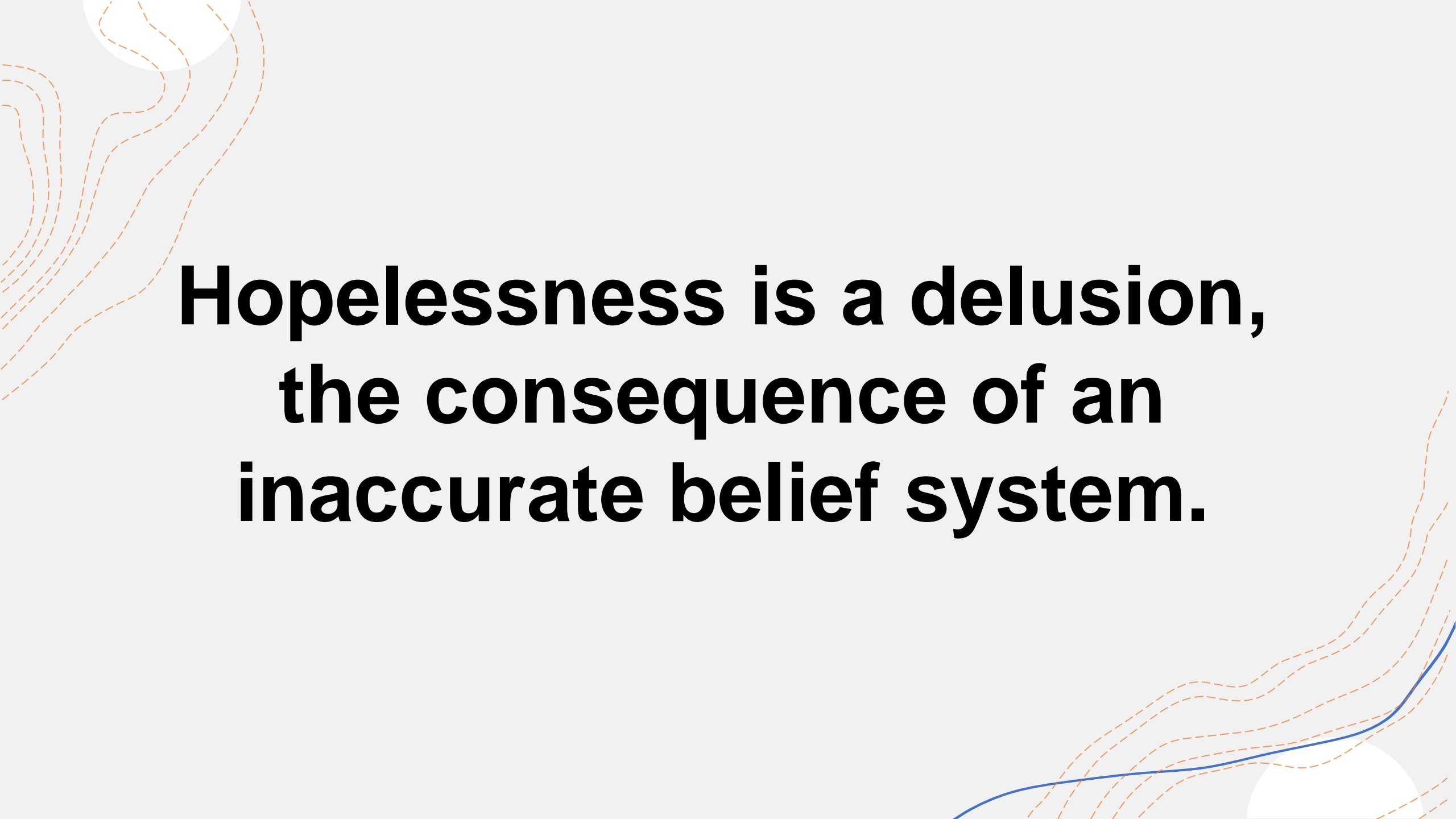
Romans 8:28, And we know that all things work together for good to those who love God, to those who are the called according to His purpose.



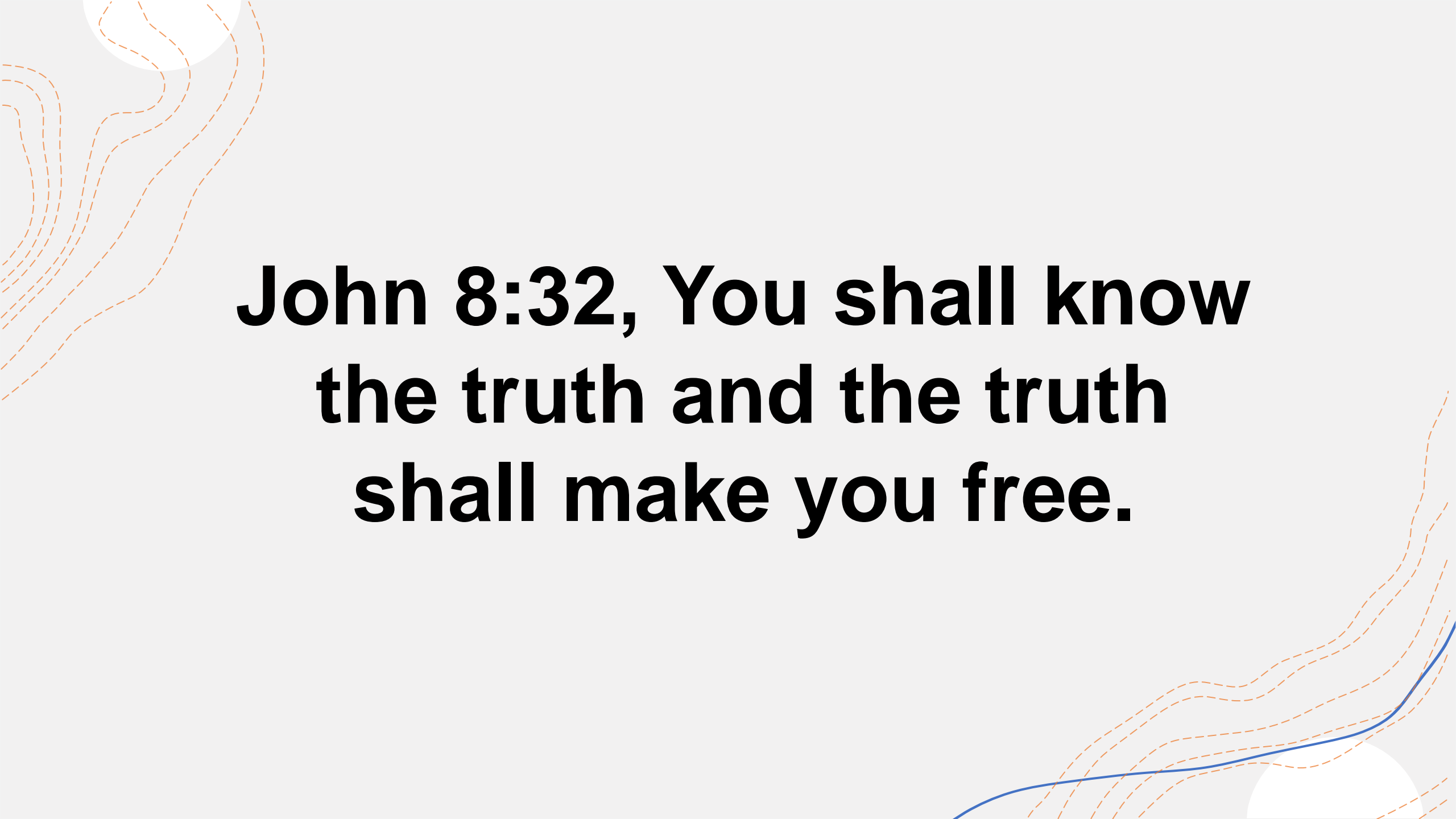
Overcoming Hopelessness

Lesson Five

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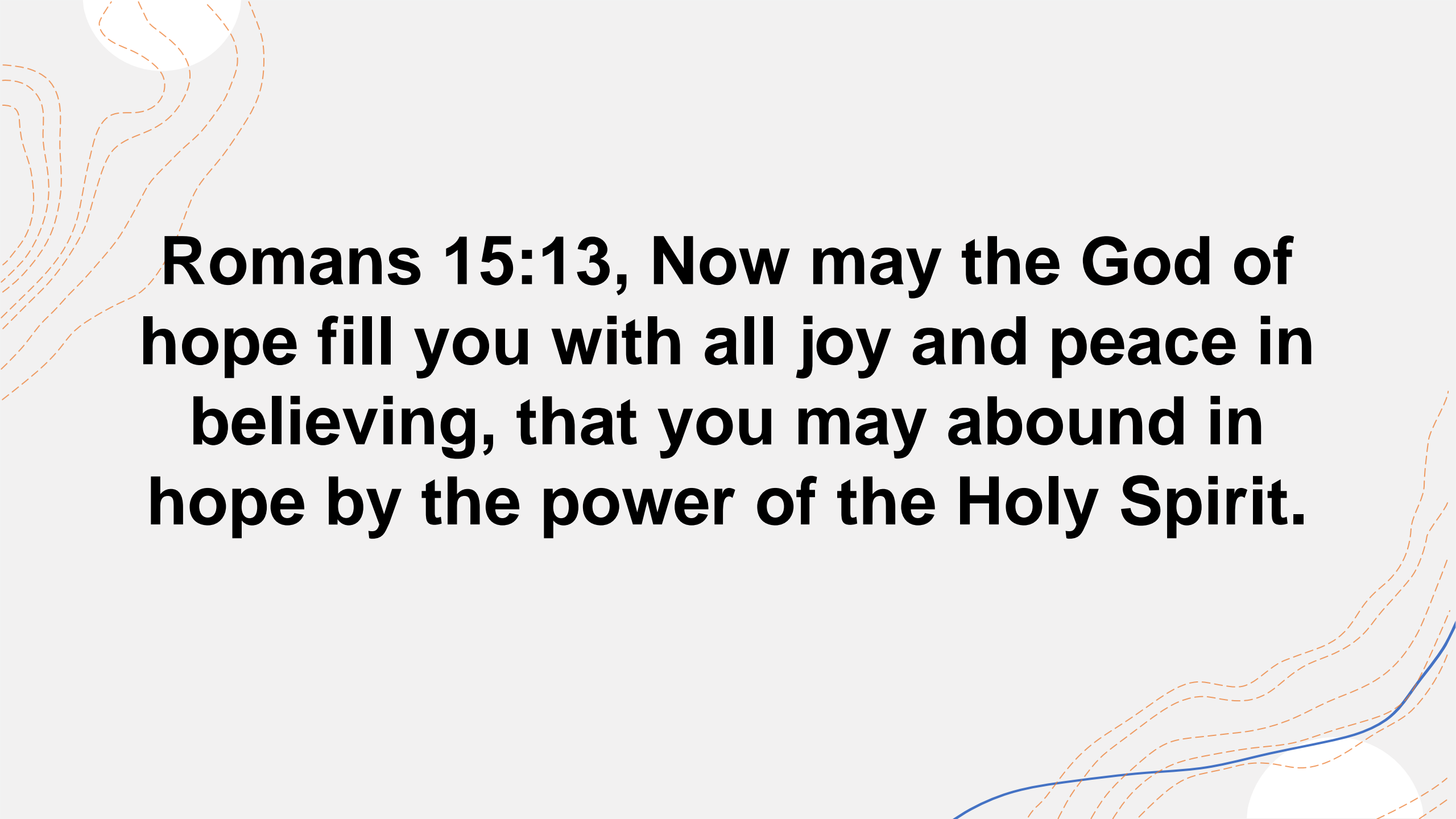
**Hopelessness is a delusion,
the consequence of an
inaccurate belief system.**



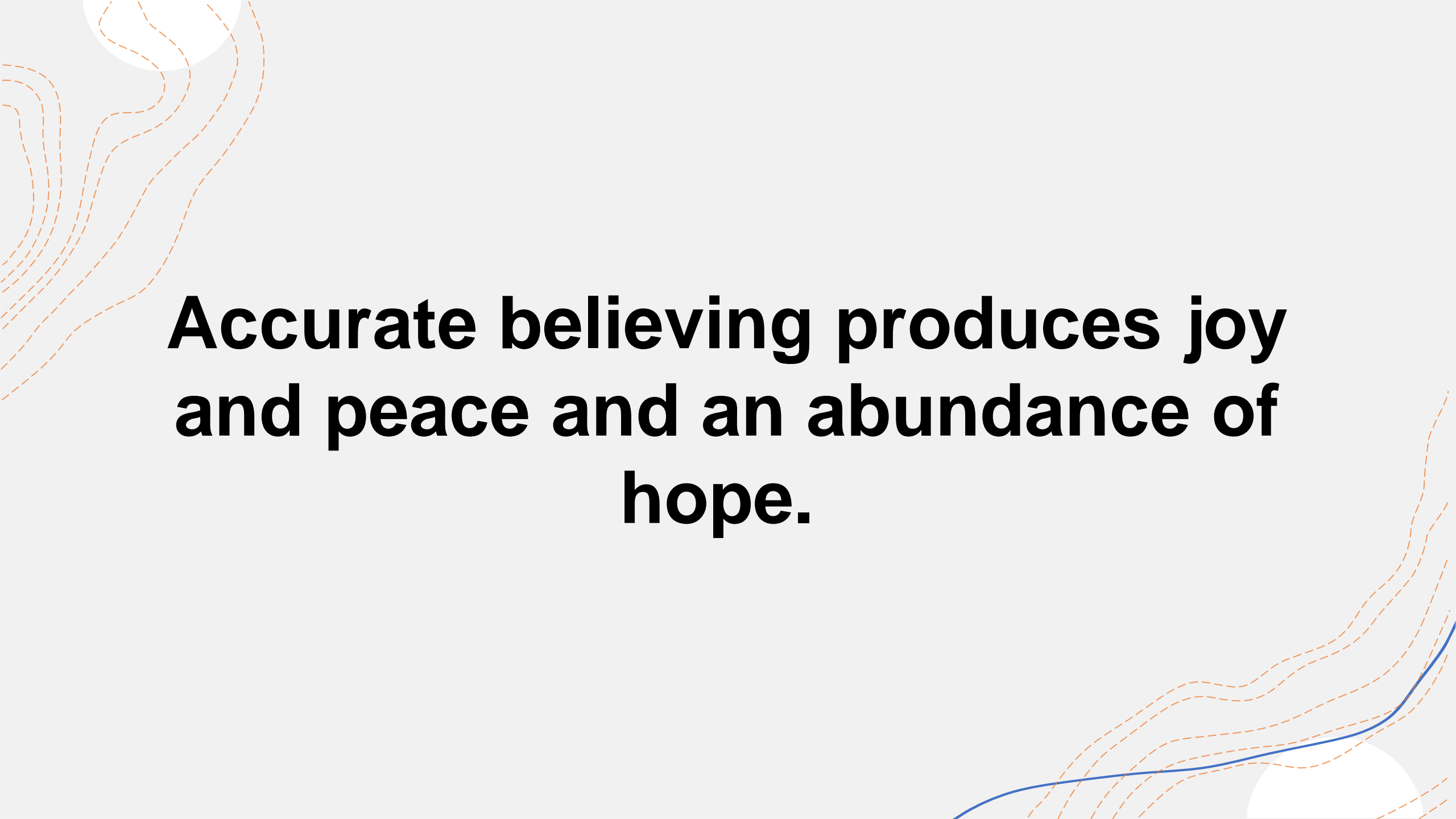
**John 8:32, You shall know
the truth and the truth
shall make you free.**



**Truth is transformational. It has
the power to make you free!**



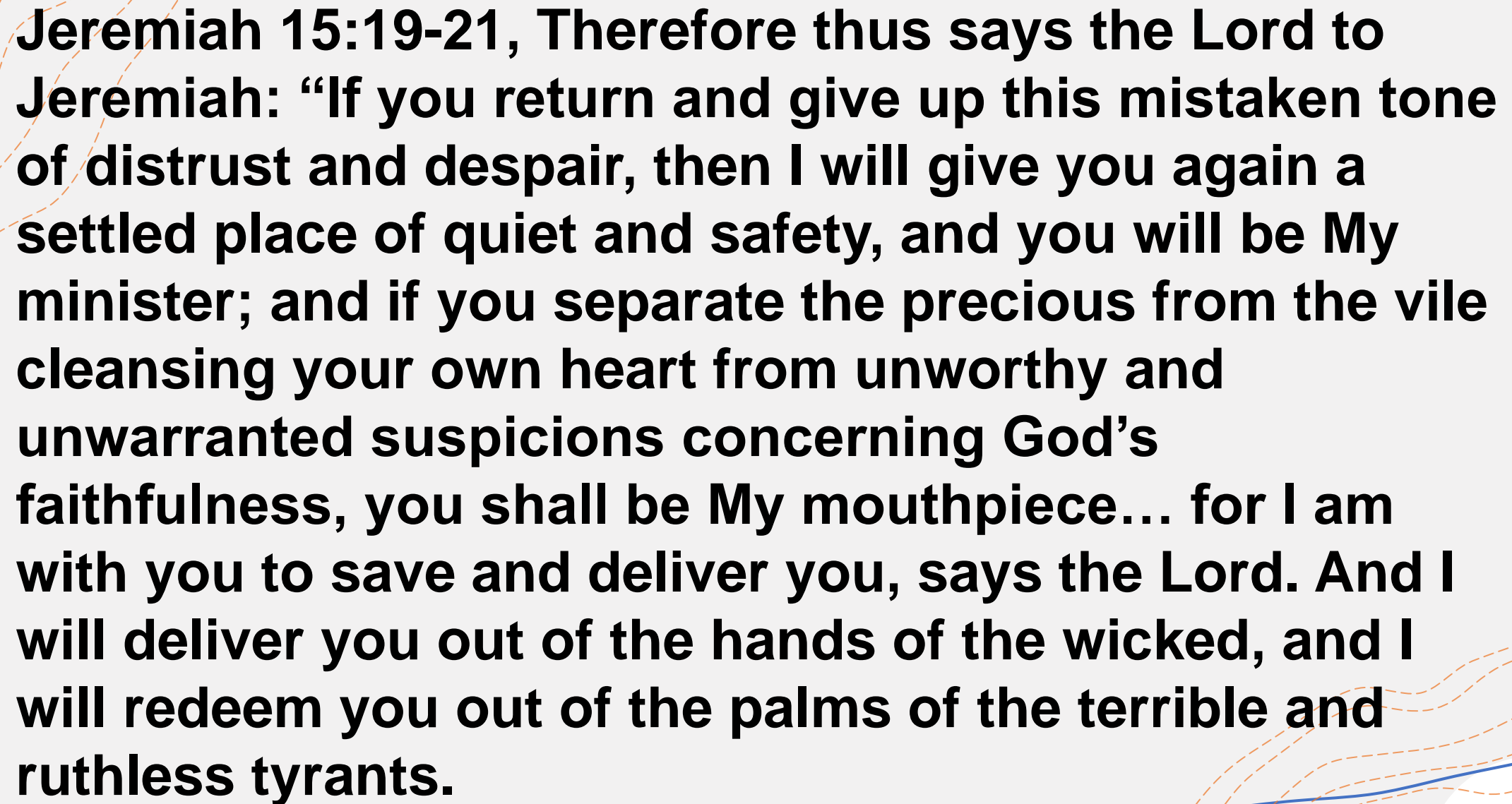
Romans 15:13, Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.



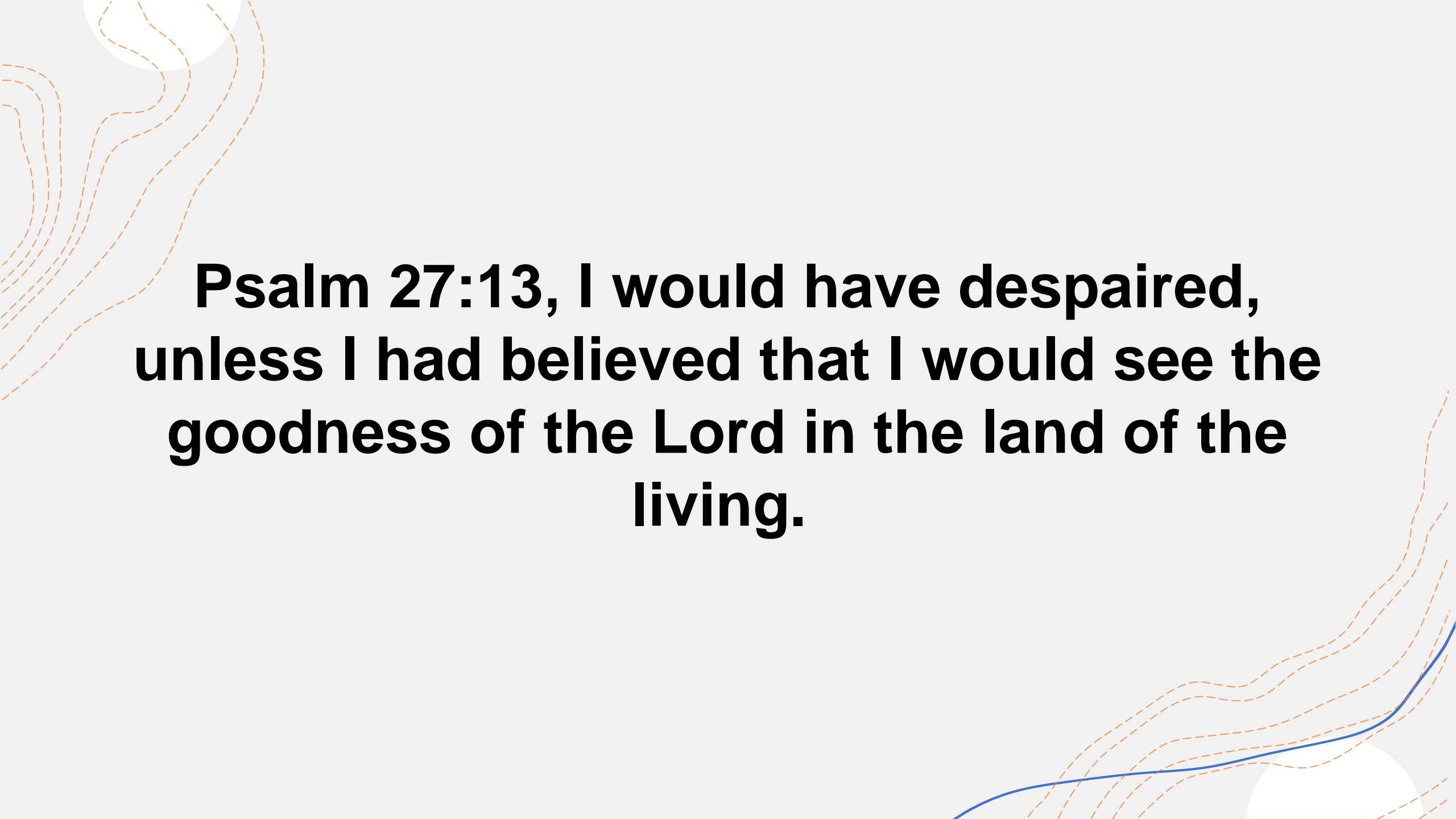
**Accurate believing produces joy
and peace and an abundance of
hope.**

Jeremiah's Dilemma

Jeremiah 15:18, Why is my pain perpetual and my wound incurable, which refuses to be healed? Will You surely be to me like an unreliable stream, as waters that fail?



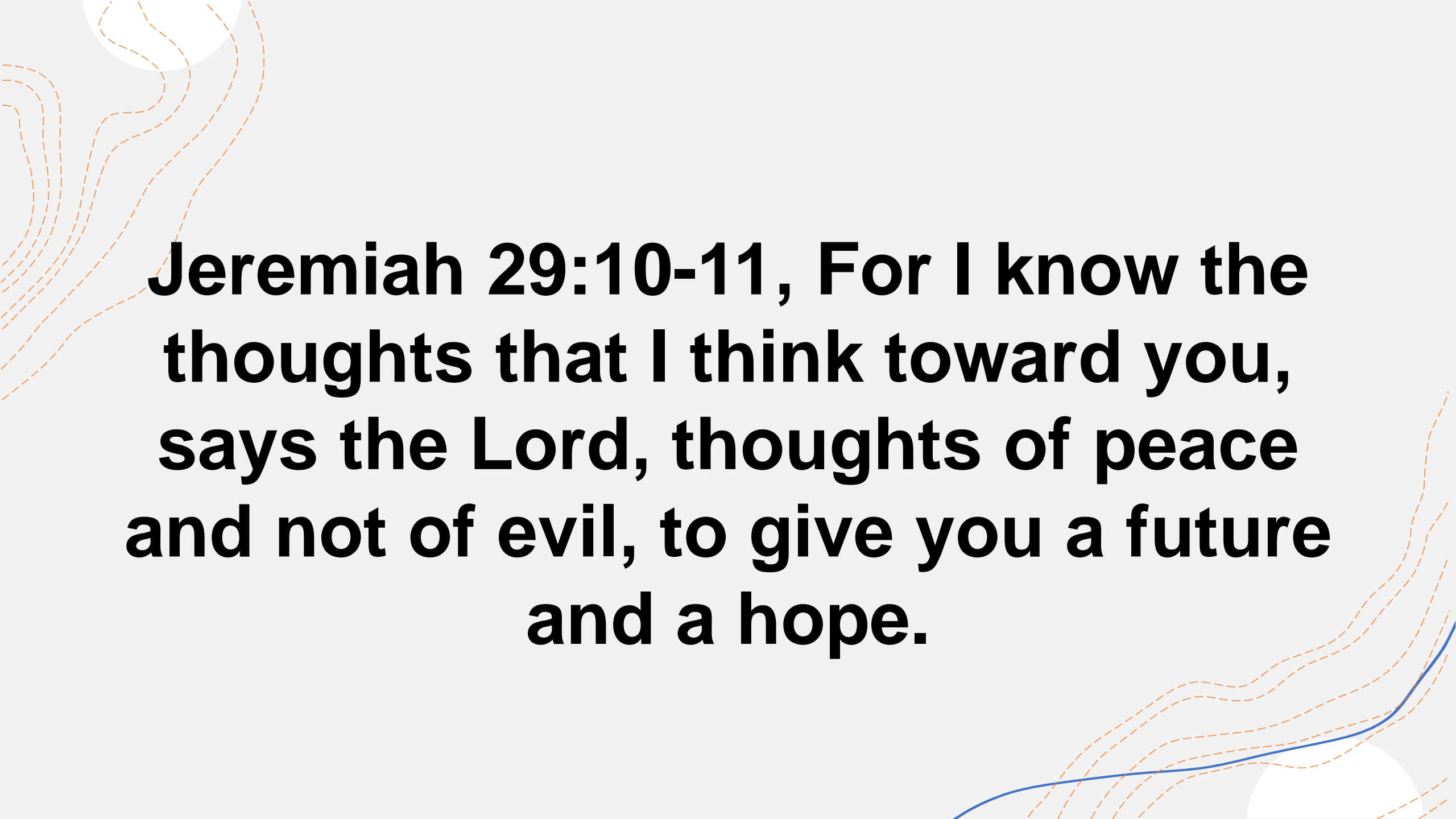
Jeremiah 15:19-21, Therefore thus says the Lord to Jeremiah: “If you return and give up this mistaken tone of distrust and despair, then I will give you again a settled place of quiet and safety, and you will be My minister; and if you separate the precious from the vile cleansing your own heart from unworthy and unwarranted suspicions concerning God’s faithfulness, you shall be My mouthpiece... for I am with you to save and deliver you, says the Lord. And I will deliver you out of the hands of the wicked, and I will redeem you out of the palms of the terrible and ruthless tyrants.



**Psalm 27:13, I would have despaired,
unless I had believed that I would see the
goodness of the Lord in the land of the
living.**



**Mistaken tones of distrust and
despair and suspicions
concerning God's faithfulness.**



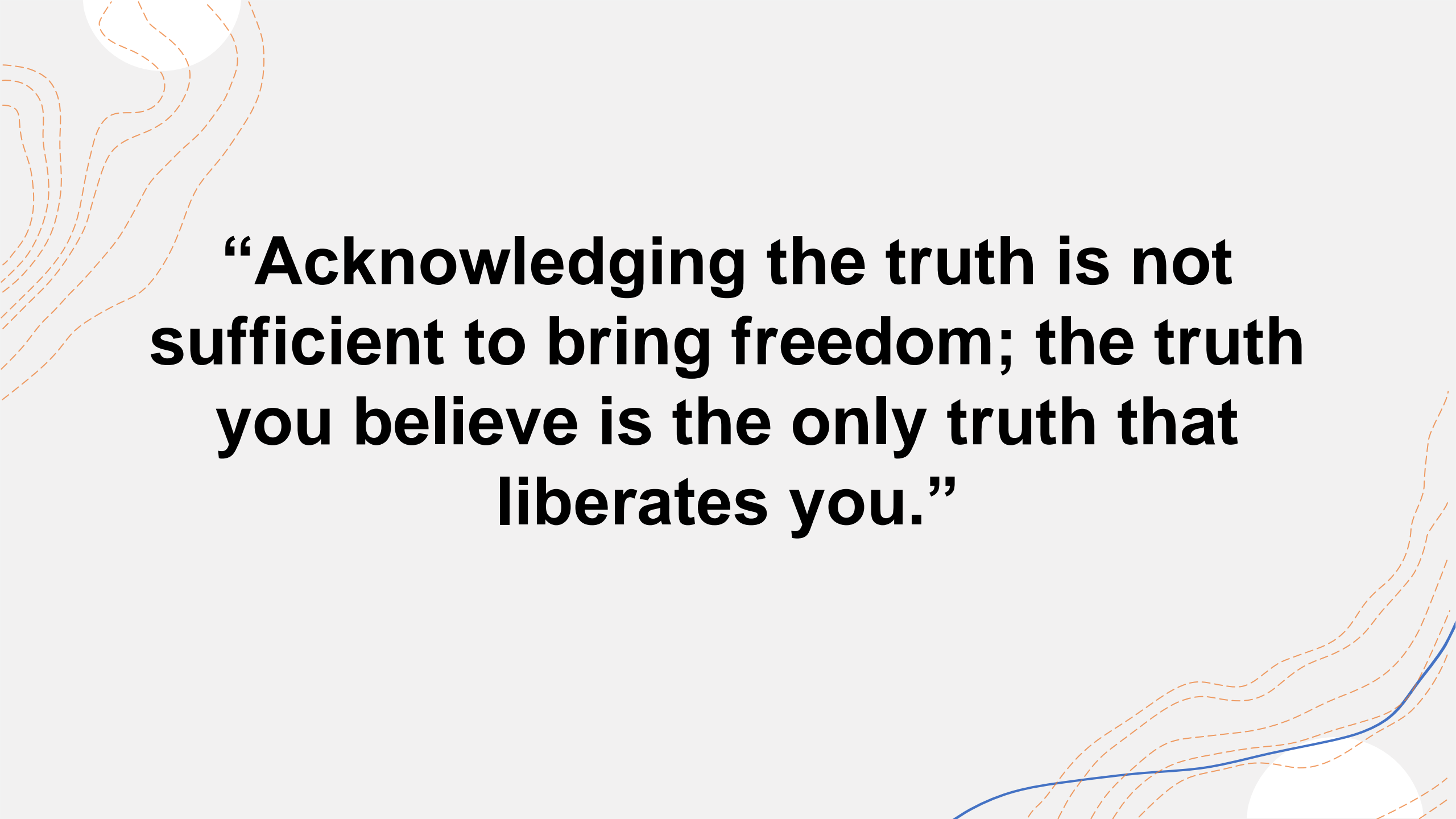
Jeremiah 29:10-11, For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.



**Hope is built into the DNA
of the gospel.**

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**There is no hopeless
situation.**



“Acknowledging the truth is not sufficient to bring freedom; the truth you believe is the only truth that liberates you.”

Causes of Hopelessness:

- ✓ **Associating with negative people**
 - ✓ **Unanswered prayer**
- ✓ **Failure to control your thoughts**
- ✓ **Disappointment in other people**
 - ✓ **Devastating circumstances**
 - ✓ **World conditions**
- ✓ **Weariness from prolonged adversity**



How to Grab Hold of Hope:


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**Move from Hopelessness to
Hopefulness.**



1. Seek God's Heart.

**Psalm 147:11, The Lord taketh
pleasure in them that fear Him, in
those that hope in His mercy.**



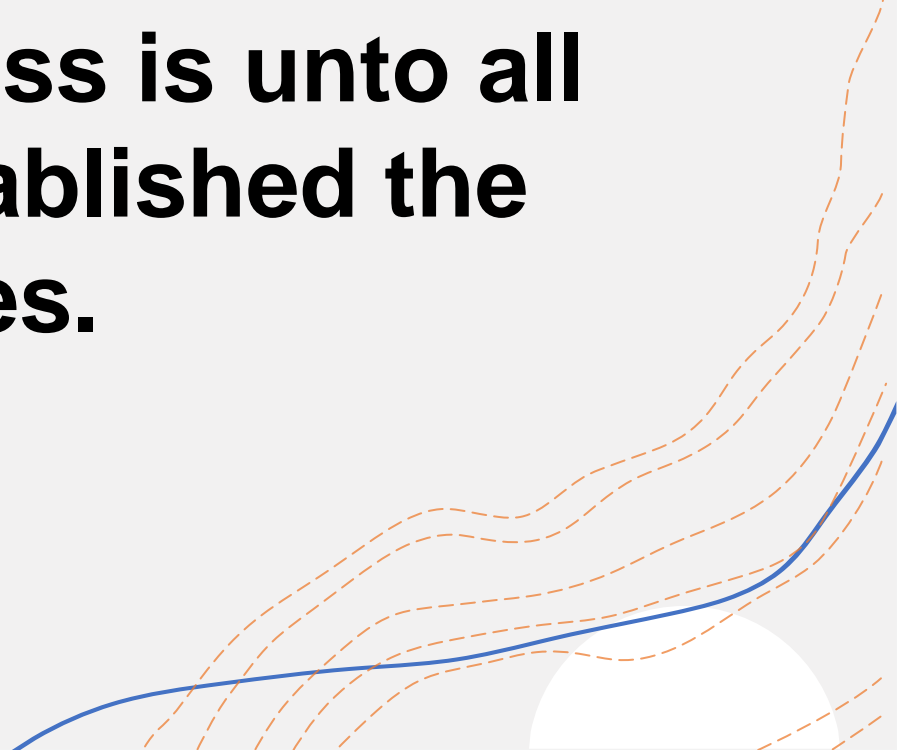
2. Be Patient in Waiting.

Romans 8:24, For we are saved by hope: but hope that is seen is not hope: for what a man sees, why doth he yet hope for?



3. Remember What God Has Done for You in the Past.

**Psalm 119:90, Thy faithfulness is unto all
generations: thou hast established the
earth, and it abides.**

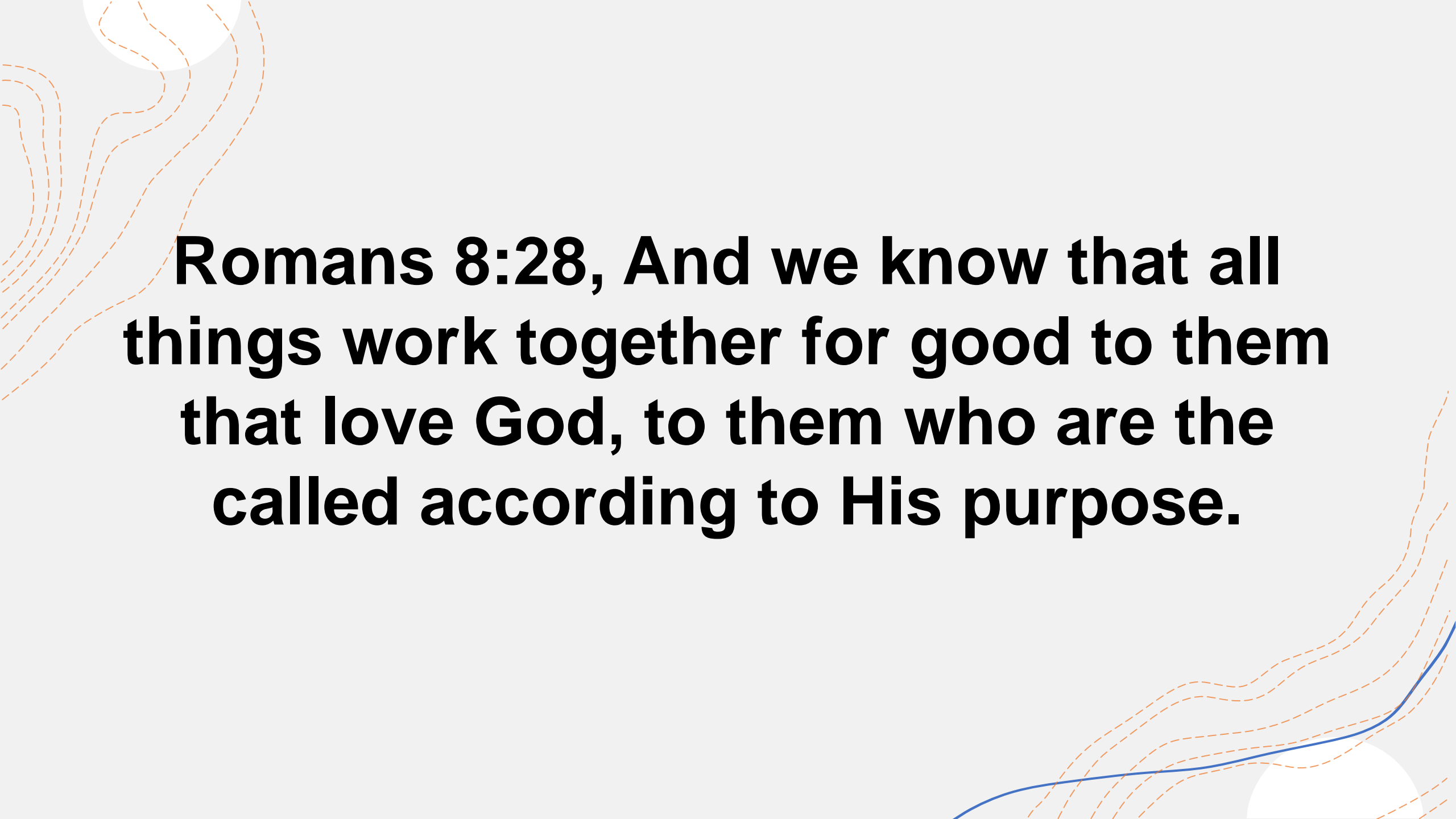




**Learn how to Expect the
Unexpected.**

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**Learn to Grab Hold of
God's Hope.**



Romans 8:28, And we know that all things work together for good to them that love God, to them who are the called according to His purpose.



1. Rely on God's Presence.

Psalm 23:4, David writes that “he does not fear because God is with him.”



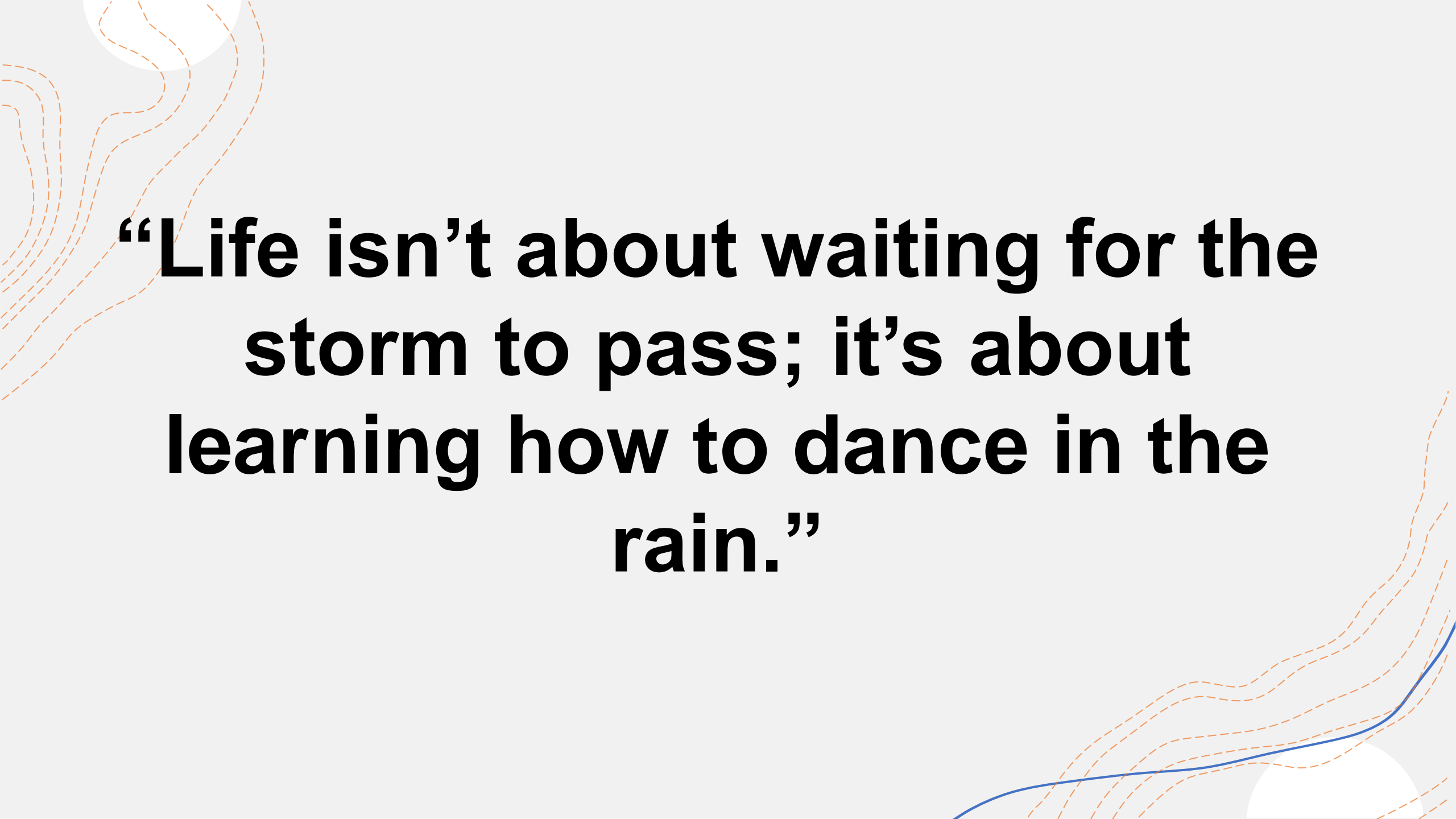


2. Rely on God's Provision.

II Corinthians 12:7

3. Rely on God's Power.

II Corinthians 12:9, Therefore I will boast all the more gladly of my weaknesses so that the power of Christ may rest upon me.



“Life isn’t about waiting for the storm to pass; it’s about learning how to dance in the rain.”

Bible Study Chat Follow Up Questions:

- 1. What was your greatest takeaway from this series?**
- 2. Have you ever lived (experienced) a “blank space” moment?**
- 3. Have you ever had the opportunity to encourage someone who was dealing with a difficult situation like what you have experienced?**
- 4. How can solitude empower us to keep going when things in life appear hopeless?**
- 5. Why is it important to align your hope with Scripture?**
- 6. Can you recite a scripture verse that tells you what to do when you feel like your back is up against the wall?**