


THE THOUGHTS AND EMOTIONS SERIES



WHAT IS GOD'S HEART ON  
**HOPE?**

Excerpt from  
**KEYS FOR LIVING LIBRARY**



# HOPE

## *The Anchor for Your Soul*

### What Is God's Heart on Hope?

The world cries out for hope. From individuals and families to cities and nations, the cries for justice, for peace, for *hope* ring out around the world. We cry out for answers, for guidance, for comfort . . . to make it through one more season, to overcome one more tragedy, to persevere one more day.

But there is only one hope that will satisfy our longings and our cries, one hope that will anchor us during the storms of life—the hope of Jesus Christ.

From His first cry as a baby to His last cry on the cross, Jesus Christ came to give us hope. The Bible says of Jesus:

*“In his name the nations will put their hope.”*  
(MATTHEW 12:21)

**God is** the God of hope.

*“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit”* (ROMANS 15:13).

**God is** the only lasting hope for everyone.

*“You are the hope of everyone on earth, even those who sail on distant seas”* (PSALM 65:5 NLT).

**God wants** your hope to be in Him.

*“O Lord, you alone are my hope”* (PSALM 71:5 NLT).

**God wants** His Word and His promises to be your source of hope.

*“You are my refuge and my shield; your word is my source of hope”* (PSALM 119:114 NLT).

**God does not want** you to put your hope in people or leaders.

*“It is better to take refuge in the LORD than to trust in humans. It is better to take refuge in the LORD than to trust in princes”* (PSALM 118:8–9).

**God does not want** your hope to be in money or wealth.

*“Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment”* (1 TIMOTHY 6:17).

*“There is only one hope that will anchor us during the storms of life—the hope of Jesus Christ.”*

**God has** a plan for your life that is filled with hope.

*“For I know the plans I have for you,’ declares the LORD, ‘plans to prosper you and not to harm you, plans to give you hope and a future’” (JEREMIAH 29:11).*

**God wants** you to have hope all day—every day.

*“Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long” (PSALM 25:5).*

**God gives** you hope during times of trouble and suffering.

*“Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God” (PSALM 42:5).*

**God strengthens** you with His hope.

*“But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint” (ISAIAH 40:31).*

**God keeps** you anchored with His hope.

*“We have this hope as an anchor for the soul, firm and secure” (HEBREWS 6:19).*

**God wants** you to know that no matter what happens—there is always hope.

*“There is surely a future hope for you, and your hope will not be cut off” (PROVERBS 23:18).*

## Key Verse to Memorize

*“I know the plans I have for you,’ declares the Lord,  
‘plans to prosper you and not to harm you,  
plans to give you hope and a future.’”  
(JEREMIAH 29:11)*

## Key Passage to Read

### Lamentations 3:19–25

*“I remember my affliction and my wandering, the bitterness and the gall.  
<sup>20</sup> I well remember them, and my soul is downcast within me.  
<sup>21</sup> Yet this I call to mind and therefore I have hope:  
<sup>22</sup> Because of the LORD’s great love we are not consumed,  
for his compassions never fail.  
<sup>23</sup> They are new every morning; great is your faithfulness.  
<sup>24</sup> I say to myself, ‘The LORD is my portion; therefore I will wait for him.’  
<sup>25</sup> The LORD is good to those whose hope is in him, to the one who seeks him;”*

## My Personalized Plan to Stay Anchored in Hope

True hope comes from knowing Jesus Christ, resting in Him and His plan for both my todays and my tomorrows. Therefore, when unexpected sorrows and hardships come, I will remember God's promises to me found in the Bible.

*"I am counting on the LORD; yes, I am counting on him.  
I have put my hope in his word."  
(PSALM 130:5 NLT)*

As I focus on renewing my mind with God's Word and deepening my hope in Christ, **I will . . .**

**Remember** that true hope is anchored in God.

- I will remember that true hope is found in God, who doesn't change—not in people, who do change.
- I will remember that true hope is found in God's unchanging Word, not in shifting circumstances or cultural opinions.
- I will remember that true hope is found in God's Son, who loves me and secured my eternity through His death and resurrection.

*"And so, Lord, where do I put my hope? My only hope is in you" (PSALM 39:7 NLT).*

**Recognize** that when I feel hopeless, God calls me to trust Him.

- I will accept that in this broken world, I will inevitably face painful circumstances.
- I will accept that even believers can experience sorrow, loneliness, depression, and periods of desperation.
- I will accept that in dark times, God is with me and He desires to give me His love and hope.

*"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit" (ROMANS 15:13).*

**Realize** that there is always hope and God will help me overcome the obstacles in my life.

- I will trust that God is always with me, guarding and guiding me, fulfilling His purposes for me.
- I will trust that God is in control of the circumstances of my life, and I can learn and grow during both good and bad circumstances.
- I will trust that God can use me to be an encouragement to others who are facing their own obstacles.

*"Though I walk in the midst of trouble, you preserve my life; . . . The LORD will fulfill his purpose for me; your steadfast love, O LORD, endures forever" (PSALM 138:7–8 ESV).*

**Rely** on the Lord and others for support and help when I feel hopeless.

- I will remember that I don't have to suffer alone or in silence, and I will acknowledge my need for help.
- I will seek the support of a counselor, friend, or pastor when I feel unable to handle my situation or emotions.
- I will seek God in prayer, trusting Him to give me victory and use my trials for my good and His glory.

*"Where there is no guidance the people fall, But in abundance of counselors there is victory" (PROVERBS 11:14 NASB).*

**Recount** my blessings, thanking God for them.

- I will thank God for all the good things in my life—for family and friends, work and play, clothes and food, rest and inspiration.
- I will do at least one thing a day that brings me joy and focuses my attention on Jesus.
- I will remember all the things God has brought me through in the past and trust Him for my future.

*“Put your hope in the LORD, for with the LORD is unfailing love and with him is full redemption” (PSALM 130:7).*

**Reach out** to others and share the hope of Christ.

- I will pray for those in my life who do not know the Lord—that God will save them.
- I will look for opportunities to share the hope of Christ with the lost.
- I will encourage others who are suffering or facing a trial with God’s truth.

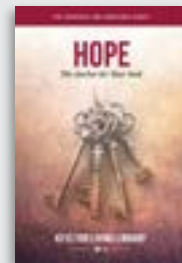
*“Encourage one another and build each other up, just as in fact you are doing” (1 THESSALONIANS 5:11).*

## Go Deeper

### Keys for Living Books

Want to learn more about this topic? Check out the *Keys for Living Library* to discover biblical hope and practical help on this topic and many more. The *Keys for Living* are designed to help you—and help you help others—overcome difficulties, grow in maturity, and move forward in life.

[hopefortheheart.org/keys](http://hopefortheheart.org/keys)



# 4 POINTS OF GOD'S PLAN

Whether you're trying to make sense of your past, trying to overcome something in the present, or trying to make changes for a better future, the Lord cares about you. He loves you. No matter what challenges you or your loved ones are facing, no matter the pain or difficult feelings you may be experiencing, no matter what you've done or what's been done to you, *there is hope*. And that hope is found in Jesus Christ.

God has a plan for your life, and it begins with a personal relationship with Jesus. The most important decision you can ever make is whether you will accept His invitation. If you have never made that decision, these four simple truths can help you start your journey together with Him.

*“For I know the plans I have for you,” declares the LORD,  
‘plans to prosper you and not to harm you,  
plans to give you hope and a future.’”*  
(JEREMIAH 29:11)

## God's Purpose for You: *Salvation*

What was God's motivation in sending Jesus Christ to earth? To express His love for you by saving you! The Bible says, *“God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him”* (John 3:16–17).

What was Jesus' purpose in coming to earth? To forgive your sins, to empower you to have victory over sin, and to enable you to live a fulfilled life! Jesus said, *“I have come that they may have life, and have it to the full”* (John 10:10).

## The Problem: *Sin*

What exactly is sin? Sin is living independently of God's standard—knowing what is wrong and doing it anyway—also knowing what is right and choosing not to do it. The apostle Paul said, *“I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway”* (Romans 7:18–19 NLT).

What is the major consequence of sin? Spiritual death, eternal separation from God. The Bible says, *“Your iniquities [sins] have separated you from your God”* (Isaiah 59:2). Scripture also says, *“The wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord”* (Romans 6:23).

## God's Provision for You: *The Savior*

Can anything remove the penalty for sin? Yes! Jesus died on the cross to personally pay the penalty for your sins. The Bible says, *“God demonstrates his own love for us in this: While we were still sinners, Christ died for us”* (Romans 5:8).

What is the solution to being separated from God? Belief in (entrusting your life to) Jesus Christ as the only way to God the Father. Jesus said, *“I am the way and the truth and the life. No one comes to the Father except through me”* (John 14:6). The Bible says, *“Believe in the Lord Jesus, and you will be saved . . .”* (Acts 16:31).

## Your Part: *Surrender*

Give Christ control of your life, entrusting yourself to Him. Jesus said, *“Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it. What good will it be for someone to gain the whole world, yet forfeit their soul?”* (Matthew 16:24–26).

Place your faith in (rely on) Jesus Christ as your personal Lord and Savior and reject your “good works” as a means of earning God’s approval. The Bible says, *“It is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast”* (Ephesians 2:8–9).

Has there been a time in your life when you know you’ve humbled your heart and received Jesus Christ as your personal Lord and Savior—giving Him control of your life? You can tell God that you want to surrender your life to Christ in a simple, heartfelt prayer like this:

*“God, I want a real relationship with you.  
I admit that many times I’ve chosen to go my own way instead of your way.  
Please forgive me for my sins.  
Jesus, thank you for dying on the cross to pay the penalty for my sins.  
Come into my life to be my Lord and my Savior.  
Change me from the inside out and make me  
the person you created me to be.  
In your holy name I pray. Amen.”*

## What Can You Now Expect?

When you surrender your life to Christ, you receive the Holy Spirit who empowers you to live a life pleasing to God. The Bible says, *“His divine power has given us everything we need for a godly life . . .”* (2 Peter 1:3). Jesus assures those who believe with these words:

*“Truly I tell you, whoever hears my word and believes him who sent me  
has eternal life and will not be judged but has crossed over from death to life.”*  
(JOHN 5:24)

The information in this resource is intended as guidelines for healthy living. Please consult qualified medical, legal, pastoral, and psychological professionals regarding individual concerns.

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# QUESTIONS FOR REFLECTION

God gives us His Word not just for information but for transformation. The Lord wants you to “*be transformed by the renewing of your mind*” (Romans 12:2). This isn’t something you do alone, but something God does in you by His Spirit.

The following questions are designed to help you reflect on the biblical truths in this resource. Take a moment to pray and ask God to settle your mind and quiet your spirit as you reflect on His truth.

*“Reflect on what I am saying, for the Lord will give you insight into all this.”*  
(2 TIMOTHY 2:7)

**What are two key truths, Bible verses, or “takeaways” from this resource that you found helpful—or that you simply needed to be reminded of?**

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**In relation to this topic, what behavior(s) do you need to *begin*, *change*, or *stop* in order to help you grow into the person God created you to be?**

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**In relation to this topic, what is the biggest obstacle you need to overcome in order to move forward?**

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**What might your life look like a few years from now if you do *not* make changes regarding this issue? How might your life be different if you *do* make changes?**

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**Is there anyone in your life who needs help with this topic/issue? How can you pray for them, and what is one thing you can do to encourage them?**

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**What can you give thanks to God for today?**

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*“Now may our Lord Jesus Christ himself  
and God our Father, who loved us  
and by his grace gave us eternal comfort  
and a wonderful hope,  
comfort you and strengthen you  
in every good thing you do and say.”  
(2 THESSALONIANS 2:16–17 NLT)*

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Our topical video courses provide biblical instruction and practical guidance on specific emotional, relational, and spiritual issues such as Abuse, Addiction, Anger, Anxiety, Depression, Fear, Forgiveness, Grief, Marriage, Parenting, Stress, and more. Get the tools to face life's challenges with courage and confidence.

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