

Anchored in HOPE

The Nest February 2017: Holly Barnett and Elizabeth Tamlyn

Hebrews 12: 3 Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.



HOPE:

- H HONESTLY admit where you are
- O OPENLY invite Christ into your mess
- P PRAY CONTINUALLY
- E ENCOURAGE your heart with God's word

Perspective: What is Hope? What is it NOT?

Personal—Where do I put my hope? Are there struggles that I am allowing to be pervasive? Do I think these struggles are permanent?

Practical—How to Keep Jesus Christ as your anchor:

Romans 15:13

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.

Stay healthy and well rounded:

- ~laugh
- ~go outside
- ~take care of yourself
- ~mini vacation (special tea, date night, movie, treat)

Hope in People=Disappointed
Hope in Things=Distracted
Hope in Ourselves=Devastated
Hope in Christ=DELIVERED

You Say... God Says...

<i>You Say</i>	<i>God Says</i>	<i>Bible Verses</i>
I can't figure it out.	I will direct your steps.	Proverbs 3:5-6
I'm too tired.	I will give you rest.	Matthew 11:28-30
It's impossible.	All things are possible.	Luke 18:27
Nobody loves me.	I love you.	John 3:16
I can't forgive myself.	I forgive you.	Romans 8:1
It's not worth it.	It will be worth it.	Romans 8:28
I'm not smart enough.	I will give you wisdom.	I Corinthians 1:30
I'm not able.	I am able.	II Corinthians 9:8
I can't go on.	My grace is sufficient.	II Corinthians 12:9
I can't do it.	You can do all things.	Philippians 4:13
I can't manage.	I will supply all your needs.	Philippians 4:19
I'm afraid.	I have not given you fear.	II Timothy 1:7
I feel all alone.	I will never leave you.	Hebrews 13:5

NOTES:

