



The Power of HOPE

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in believing, that you may abound in hope by the power
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THE POWER OF HOPE

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*Of all the gods in the world there is only one that is called the **God of Hope**. The **God of Hope** wants you to **abound in hope**. He wants to give you hope **with all joy and peace**. God rewards you with **hope by the power of the Holy Spirit**.*

The purpose of this booklet is to help you discover lasting hope. The writers of the Scriptures understood hopelessness and pain and found comfort, strength, and restoration in God. God's Word reveals the truth about our brokenness while pointing us to real hope through the ministry of Jesus Christ.

You are God, ready to pardon, gracious and merciful, slow to anger, abundant in kindness. —Nehemiah 9:17b

Remember the word to Your servant, upon which You have caused me to hope. This is my comfort in my affliction, for Your word has given me life. —Psalm 119:49-50

This booklet does not need to be read in order. Check the Table of Contents and begin with the topic that speaks most to your present need. Then allow God's Word to lead you towards hope in Jesus Christ.

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Are You in Need of Hope? God Can Give You Hope!

1. **Believe that God will reward you with hope.** He who comes to God must believe that He is, and that He is a **rewarder** of those who diligently seek Him. —Hebrews 11:6b

2. **Believe that You come to God through Jesus Christ.** In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that **we might live** through Him. —1 John 4:9

3. **Believe in the promises God makes in Jesus.** Giving thanks to the Father who has **qualified** us to be partakers of the inheritance of the saints in the light. He has **delivered** us from the power of darkness and **conveyed** us into the kingdom of the Son of His love. —Colossians 1:12-13

4. **Believe Jesus Christ is the one who can help you.** And Jesus came and spoke to them, saying, “**All authority has been given to Me** in heaven and on earth, and lo, **I am with you always**, even to the end of the age.” —Matthew 28:18, 20b

5. **Believe God cares about your life day to day.** [Jesus said,] “I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? **For your heavenly Father knows that you need all these things.** But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble. —Matthew 6:25, 32b-34

6. **Let the hope of Jesus Christ take hold in your heart and life.** [The mystery of hope] has now been revealed by the appearing of our Savior Jesus Christ, **who has abolished death and brought life and immortality** to light. —2 Timothy 1:10b

**LEARN MORE BY CONTINUING TO READ.
YOU HOLD THE WORDS OF HOPE IN YOUR HAND!**

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DO NOT GIVE UP – THERE IS HOPE

The Bible verses contained in this booklet will bring hope to your life. These are the words of Jesus.

“Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.”
—Matthew 11:28-29

“Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.”
—John 14:27

“In the world you will have tribulation; but be of good cheer, I have overcome the world.”
—John 16:33b

“Do not labor for the food which perishes, but for the food which endures to everlasting life, which the Son of Man will give you, because God the Father has set His seal on Him.”
—John 6:27

“These things I have spoken to you, that My joy may remain in you, and that your joy may be full.”
—John 15:11

“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.”
—Matthew 7:7-8

“And I say to you, My friends, do not be afraid of those who kill the body, and after that have no more that they can do. Are not five sparrows sold for two copper coins? And not one of them is forgotten before God. But the very hairs of your head are all numbered. Do not fear therefore; you are of more value than many sparrows.”
—Luke 12:4, 6-7

ARE YOU SEARCHING FOR HOPE?

You Are Not Alone

Hopelessness is a universal problem. The following are either symptoms of hopelessness, causes of hopelessness, or results of hopelessness. Can you identify with one or more of these situations?

A Broken Heart/Spirit – By sorrow of the heart the spirit is broken. A broken spirit dries the bones. But who can bear a broken spirit? —Proverbs 15:13b; 17:22b; 18:14b

Addiction – “Harlotry, wine, and new wine enslave the heart.” —Hosea 4:11

For by whom a person is overcome, by him also he is brought into bondage. —2 Peter 2:19b

Anxiety – Anxiety in the heart of man causes depression. —Proverbs 12:25a

Betrayal – “You will be betrayed even by parents and brothers, relatives and friends.” —Luke 21:16a

Bitterness – He has besieged me and surrounded me with bitterness and woe. He has set me in dark places like the dead of long ago. —Lamentations 3:5-6

Bullying – Do not leave me to my oppressors. Do not let the proud oppress me. Trouble and anguish have overtaken me. —Psalm 119:121b, 122b, 143a

Depression – My soul clings to the dust. My soul melts from heaviness. —Psalm 119:25a, 28a

Despair/discouragement – Then they will look to the earth, and see trouble and darkness, gloom of anguish; and they will be driven into darkness. —Isaiah 8:22

ARE YOU SEARCHING FOR HOPE?

Directionless/lost – When He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd. —Matthew 9:36

False accusations – Deliver my soul, O LORD, from lying lips and from a deceitful tongue. —Psalm 120:2

Family Conflict – “Now brother will betray brother to death, and a father his child; and children will rise up against parents and cause them to be put to death.” —Mark 13:12

Fear – For the enemy has persecuted my soul; he has crushed my life to the ground; he has made me dwell in darkness, like those who have long been dead. Therefore my spirit is overwhelmed within me; my heart within me is distressed. —Psalm 143:3-4

Grief – My eye wastes away with grief, yes, my soul and my body! For my life is spent with grief, and my years with sighing. —Psalm 31:9b-10a

Guilt – And I said: “O my God, I am too ashamed and humiliated to lift up my face to You, my God; for our iniquities have risen higher than our heads, and our guilt has grown up to the heavens.” —Ezra 9:6

Loneliness – Reproach has broken my heart, and I am full of heaviness; I looked for someone to take pity, but there was none; and for comforters, but I found none. For there is no one who acknowledges me; refuge has failed me; no one cares for my soul. —Psalm 69:20; 142:4b

Shame – Remove from me reproach and contempt, O LORD, do not put me to shame! Turn away my reproach which I dread. —Psalm 119:22a, 31b, 39a

ARE YOU SEARCHING FOR HOPE?

Sorrow/Mourning – I am weary with my groaning; all night I make my bed swim; I drench my couch with my tears. My eye wastes away because of grief. —Psalm 6:6-7a

“And now my soul is poured out because of my plight; the days of affliction take hold of me. My bones are pierced in me at night, and my gnawing pains take no rest.” —Job 30:16-17

Suicidal Thoughts – “Why is light given to him who is in misery, and life to the bitter of soul, who long for death, but it does not come, and search for it more than hidden treasures; who rejoice exceedingly, and are glad when they can find the grave?” —Job 3:20-22

Lasting Hope Cannot Come from Within

Often, we do not understand why we came into existence, but we are fully aware we will someday die. While alive, we deal with the painful consequences and results of a fallen world. Therefore nothing within us can answer the question “What is the purpose of living?”

Our days on earth are as a shadow, and without hope.

—1 Chronicles 29:15b

What profit has he who has labored for the wind? All his days he also eats in darkness, and he has much sorrow and sickness and anger. —Ecclesiastes 5:16b-17

The way of the wicked is like darkness; they do not know what makes them stumble. —Proverbs 4:19

You know my reproach, my shame, and my dishonor; my adversaries are all before You. Reproach has broken my heart, and I am full of heaviness; I looked for someone to take pity, but there was none; and for comforters, but I found none. —Psalm 69:19-20

ARE YOU SEARCHING FOR HOPE?

The Cause of Hopelessness

Pain, sorrow, oppression, and death cause hopelessness.

We all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others. —Ephesians 2:3b

For there is not a just man on earth who does good and does not sin. —Ecclesiastes 7:20

But each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death. —James 1:14-15

Through one man sin entered the world, and death through sin, and thus death spread to all men, because all sinned. —Romans 5:12b

And even as they did not like to retain God in their knowledge, God gave them over to a debased mind, to do those things which are not fitting; being filled with all unrighteousness, sexual immorality, wickedness, covetousness, maliciousness; full of envy, murder, strife, deceit, evil-mindedness; they are whisperers, backbiters, haters of God, violent, proud, boasters, inventors of evil things, disobedient to parents, undiscerning, untrustworthy, unloving, unforgiving, unmerciful; who, knowing the righteous judgment of God, that those who practice such things are deserving of death, not only do the same but also approve of those who practice them.

—Romans 1:28-32

ARE YOU SEARCHING FOR HOPE?

The fool has said in his heart, “There is no God.” They are corrupt, they have done abominable works, there is none who does good.
—Psalm 14:1

Human Concepts Provide Only Temporary Hope

Trusting in anything that denies the existence of God, cannot provide lasting hope. Material wealth, pleasure seeking, or following any religion where the gods, spirits, or ancestors need to be appeased cannot give lasting hope.

Because they are filled with eastern ways [religions or superstitions]; they are soothsayers like the Philistines, and they are pleased with the children of foreigners [accepting of foreign religious practices]. Their land is also full of silver and gold, and there is no end to their treasures. People bow down, and each man humbles himself.
—Isaiah 2:6b, 7a, 9a

“Do not turn aside from following the LORD, but serve the LORD with all your heart. And do not turn aside; for then you would go after empty things which cannot profit or deliver, for they are nothing.”
—1 Samuel 12:20b-21

Their idols are silver and gold, the work of men’s hands. They have mouths, but they do not speak; eyes they have, but they do not see; they have ears, but they do not hear; noses they have, but they do not smell; they have hands, but they do not handle; feet they have, but they do not walk; nor do they mutter through their throat. Those who make them are like them; so is everyone who trusts in them. —Psalm 115:4-8

ARE YOU SEARCHING FOR HOPE?

Likewise also these dreamers defile the flesh, reject authority, and speak evil of dignitaries. But these speak evil of whatever they do not know; and whatever they know naturally, like brute beasts, in these things they corrupt themselves. These are grumblers, complainers, walking according to their own lusts; and they mouth great swelling words, flattering people to gain advantage. —Jude 1:8, 10, 16

Lasting Hope Comes from God

“Who walks in darkness and has no light? Let him trust in the name of the LORD and rely upon his God.” —Isaiah 50:10b

Delight yourself also in the LORD, and He shall give you the desires of your heart. —Psalm 37:4

And the LORD passed before him and proclaimed, “The LORD, the LORD God, merciful and gracious, longsuffering, and abounding in goodness and truth, keeping mercy for thousands, forgiving iniquity and transgression and sin.” —Exodus 34:6, 7a

The LORD is my strength and song, and He has become my salvation. The voice of rejoicing and salvation is in the tents of the righteous. I shall not die, but live.

—Psalm 118:14-15a, 17a

For You have been a strength to the poor, a strength to the needy in his distress, a refuge from the storm, a shade from the heat. —Isaiah 25:4a

THE GOD OF HOPE

Who is This God of Hope

Have you not known? Have you not heard? The everlasting God, the LORD, the Creator of the ends of the earth, neither faints nor is weary. His understanding is unsearchable. He gives power to the weak, and to those who have no might He increases strength. Even the youths shall faint and be weary, and the young men shall utterly fall, but those who wait on the LORD shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

—Isaiah 40:28-31

“God, who made the world and everything in it, since He is Lord of heaven and earth, does not dwell in temples made with hands. Nor is He worshiped with men’s hands, as though He needed anything, since He gives to all life, breath, and all things. And He has made from one blood every nation of men to dwell on all the face of the earth, and has determined their preappointed times and the boundaries of their dwellings, so that they should seek the Lord, in the hope that they might grope for Him and find Him, though He is not far from each one of us; for in Him we live and move and have our being.”

—Acts 17:24-28a

Then He said, “I will make all My goodness pass before you, and I will proclaim the name of the LORD before you. I will be gracious to whom I will be gracious, and I will have compassion on whom I will have compassion.” And the LORD passed before him and proclaimed, “The LORD, the LORD God, merciful and gracious, longsuffering, and abounding in goodness and truth, keeping mercy for thousands, forgiving iniquity and transgression and sin.”

—Exodus 33:19, 34:6-7a

THE GOD OF HOPE

Then the LORD said in His heart, “I will never again curse the ground for man’s sake, although the imagination of man’s heart is evil from his youth; nor will I again destroy every living thing as I have done. While the earth remains, seedtime and harvest, cold and heat, winter and summer, and day and night shall not cease.”
—Genesis 8:21b-22

“For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.”
—John 3:16-17

The God of Hope Is Responsive

The God of Hope hears and acts on our cries. He wants to know the honest, raw emotions of our heart.

“And it will be that when he cries to Me, I will hear, for I am gracious.”
—Exodus 22:27b

Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. —1 John 5:14

For He will deliver the needy when he cries, the poor also, and him who has no helper. He will spare the poor and needy, and will save the souls of the needy. He will redeem their life from oppression and violence; and precious shall be their blood in His sight.
—Psalm 72:12-14

I called on the LORD in distress; the LORD answered me and set me in a broad place.
—Psalm 118:5

The LORD has heard my supplication; the LORD will receive my prayer.
—Psalm 6:9

THE GOD OF HOPE

God Gave Jesus to be Our Hope

Even so must the Son of Man be lifted up [crucified], that whoever believes in Him should not perish but have eternal life. —John 3:14b-15

Blessed be the God and Father of our Lord Jesus Christ, who according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance incorruptible and undefiled and that does not fade away, reserved in heaven for you. —1 Peter 1:3-4

But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us. —Romans 5:8

He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love.
—Colossians 1:13

I can do all things through Christ who strengthens me.
—Philippians 4:13

“All that the Father gives Me will come to Me, and the one who comes to Me I will by no means cast out.” —John 6:37

Jesus' Story of Pain and Suffering

The God of Hope sent Jesus into the world to suffer just like we do so that Jesus can help us and give us hope.

Then He took the twelve aside and said to them, “Behold, we are going up to Jerusalem, and all things that are written by the prophets concerning the Son of Man will be accomplished. For He will be delivered to the Gentiles and will be mocked and insulted and spit upon. They will scourge Him and kill Him. And the third day He will rise again.”

—Luke 18:31-33

THE GOD OF HOPE

For it was fitting for Him, for whom are all things and by whom are all things, in bringing many sons to glory, to make the captain of their salvation perfect through sufferings. For both He who sanctifies and those who are being sanctified are all of one, for which reason He is not ashamed to call them brethren. Inasmuch then as the children have partaken of flesh and blood, He Himself likewise shared in the same, that through death He might destroy him who had the power of death, that is, the devil, and release those who through fear of death were all their lifetime subject to bondage.

—Hebrews 2:10-11, 14-15

In all things He [Jesus] had to be made like His brethren, that He might be a merciful and faithful High Priest in things pertaining to God, to make propitiation for the sins of the people. For in that He Himself has suffered, being tempted, He is able to aid those who are tempted.

—Hebrews 2:17-18

For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.

—Hebrews 4:15

Therefore, when Jesus saw her weeping, and the Jews who came with her weeping, He groaned in the spirit and was troubled. Jesus wept.

—John 11:33, 35

Then He said to them, “My soul is exceedingly sorrowful, even to death. Stay here and watch with Me.”

—Matthew 26:38

And when they had come to the place called Calvary, there they crucified Him, and the criminals, one on the right hand and the other on the left.

—Luke 23:33

THE GOD OF HOPE

“Now when they had fulfilled all that was written concerning Him [Jesus], they took Him down from the tree and laid Him in a tomb. But God raised Him from the dead. He was seen for many days by those who came up with Him from Galilee to Jerusalem, who are His witnesses to the people. And we declare to you glad tidings—that promise which was made to the fathers. God has fulfilled this for us..., in that He has raised up Jesus.”
—Acts 13:29-33a

God also has highly exalted Him and given Him the name which is above every name, that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth.
—Philippians 2:9-10

How to Find Hope in Jesus Christ

“Believe on the Lord Jesus Christ, and you will be saved.”
—Acts 16:31a

“God...now commands all men everywhere to repent, because He has appointed a day on which He will judge the world in righteousness by the Man whom He has ordained. He has given assurance of this to all by raising Him from the dead.”
—Acts 17:30b-31

“Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord.”
—Acts 3:19

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.
—1 John 1:9

THE GOD OF HOPE

If you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For the Scripture says, "Whoever believes on Him will not be put to shame."
—Romans 10:9b, 11

Jesus said, "Come unto me and you will find rest for your soul." You can have that rest if you are truly sorry for your sins. You can express your remorse by confessing your sins to God and asking Him to forgive you. Talk to God honestly and from your heart. If you need help, here is a prayer guide you can use.

Dear Lord Jesus,

Thank You for dying on the cross to take away my sins. I am sorry for all the wrong things I have done. I ask You to please forgive my sins, come into my heart and live in my heart forever. I am trusting You right now to make my heart clean. I take You to be my very own Lord and Savior. Thank You for making me Your child. In Your name I pray, Amen.

Write the date you prayed this prayer:

Assurance

Now faith is the substance of things hoped for, the evidence of things not seen.
—Hebrews 11:1

In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace which He made to abound toward us in all wisdom and prudence, having made known to us the mystery of His will, according to His good pleasure which He purposed in Himself.

—Ephesians 1:7-9

FILLED WITH ALL JOY AND PEACE IN BELIEVING

Once we are in right relationship with Jesus, then God's life-changing power begins to work and change our situations, our outlook, our attitudes, and our actions.

The Promise of Reconciliation with God

The Spirit Himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together. —Romans 8:16-17

“Father, I desire that they also whom You gave Me may be with Me where I am, that they may behold My glory which You have given Me; for You loved Me before the foundation of the world.” —John 17:24

Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation, that is, that God was in Christ reconciling the world to Himself, not imputing their trespasses to them.

—2 Corinthians 5:18-19a

Having believed, you were sealed with the Holy Spirit of promise, who is the guarantee of our inheritance.

—Ephesians 1:13b-14a

And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent. —John 17:3

The Promise of Help

“And I will pray the Father, and He will give you another Helper, that He may abide with you forever—the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you.” —John 14:16-17

FILLED WITH ALL JOY AND PEACE IN BELIEVING

“Most assuredly, I say to you, whatever you ask the Father in My name He will give you. Ask, and you will receive, that your joy may be full.”
—John 16:23b, 24b

“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 you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.”

—John 15:5, 7

But the salvation of the righteous is from the LORD; He is their strength in the time of trouble. And the LORD shall help them and deliver them; He shall deliver them from the wicked, and save them, because they trust in Him. —Psalm 37:39-40

He heals the brokenhearted and binds up their wounds.

—Psalm 147:3

The Promise of Peace

Now may the Lord of peace Himself give you peace always in every way.
—2 Thessalonians 3:16a

And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

—Philippians 4:7

“These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.”
—John 16:33

“For you shall go out with joy, and be led out with peace; the mountains and the hills shall break forth into singing before you, and all the trees of the field shall clap their hands.”

—Isaiah 55:12

Strengthen the weak hands, and make firm the feeble knees. Say to those who are fearful-hearted, “Be strong, do not fear!”

—Isaiah 35:3-4a

FILLED WITH ALL JOY AND PEACE IN BELIEVING

The Promise of Guidance

[I] do not cease to give thanks for you, making mention of you in my prayers: that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him, the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints. —Ephesians 1:16-18

The LORD will guide you continually, and satisfy your soul in drought, and strengthen your bones; you shall be like a watered garden, and like a spring of water, whose waters do not fail. —Isaiah 58:11

Commit your way to the LORD, trust also in Him, and He shall bring it to pass. He shall bring forth your righteousness as the light, and your justice as the noonday. —Psalm 37:5-6

The LORD my God will enlighten my darkness. —Psalm 18:28b

I will instruct you and teach you in the way you should go; I will guide you with My eye. —Psalm 32:8

The Promise of Comfort

Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me. —Psalm 23:4

The LORD is my light and my salvation; whom shall I fear? The LORD is the strength of my life; of whom shall I be afraid? —Psalm 27:1

FILLED WITH ALL JOY AND PEACE IN BELIEVING

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.

—2 Corinthians 1:3-4

“He has sent Me to heal the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound; to proclaim the acceptable year of the LORD, and the day of vengeance of our God; to comfort all who mourn, to console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the LORD, that He may be glorified.”

—Isaiah 61:1b-3

The Promise of Joy

“Do not sorrow, for the joy of the LORD is your strength.”

—Nehemiah 8:10b

“As the Father loved Me, I also have loved you; abide in My love. These things I have spoken to you, that My joy may remain in you, and that your joy may be full.” —John 15:9, 11

Blessed are the people who know the joyful sound! They walk, O LORD, in the light of Your countenance. In Your name they rejoice all day long, and in Your righteousness they are exalted.

—Psalm 89:15-16

Now to Him who is able to keep you from stumbling, and to present you faultless before the presence of His glory with exceeding joy, to God our Savior, who alone is wise, be glory and majesty, dominion and power, both now and forever. Amen.

—Jude 1:24-25

FILLED WITH ALL JOY AND PEACE IN BELIEVING

[Jesus Christ] whom having not seen you love. Though now you do not see Him, yet believing, you rejoice with joy inexpressible and full of glory, receiving the end of your faith—the salvation of your souls. —1 Peter 1:8-9

The Promise of Forgiveness and Freedom from Guilt

Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water. Let us hold fast the confession of our hope without wavering, for He who promised is faithful. —Hebrews 10:22-23

Blessed is he whose transgression is forgiven, whose sin is covered. —Psalm 32:1

For You, Lord, are good, and ready to forgive, and abundant in mercy to all those who call upon You. —Psalm 86:5

Bless the LORD, O my soul, and forget not all His benefits: Who forgives all your iniquities, who heals all your diseases, who redeems your life from destruction, who crowns you with lovingkindness and tender mercies. —Psalm 103:2-4

But there is forgiveness with You, that You may be feared. —Psalm 130:4

But when the kindness and the love of God our Savior toward man appeared, not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit, whom He poured out on us abundantly through Jesus Christ our Savior, that having been justified by His grace we should become heirs according to the hope of eternal life. —Titus 3:4-7

FILLED WITH ALL JOY AND PEACE IN BELIEVING

The Promise of Courage

“Be strong and of good courage, do not fear nor be afraid of them; for the LORD your God, He is the One who goes with you. He will not leave you nor forsake you.” —Deuteronomy 31:6

“Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.” —Isaiah 41:10

“Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go.” —Joshua 1:9b

Oh, love the LORD, all you His saints! For the LORD preserves the faithful, and fully repays the proud person. Be of good courage, and He shall strengthen your heart, all you who hope in the LORD. —Psalm 31:23-24

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! —Psalm 27:13-14

The Promise of a Purpose-Filled Life

“You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain.” —John 15:16a

Be renewed in the spirit of your mind, and that you put on the new man which was created according to God, in true righteousness and holiness. —Ephesians 4:23b-24

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. —Romans 12:2

FILLED WITH ALL JOY AND PEACE IN BELIEVING

That you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God; strengthened with all might, according to His glorious power.
—Colossians 1:10-11a

But one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus.
—Philippians 3:13b-14

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation.
—2 Corinthians 5:17-18

The Promise of Freedom from Addictions

Jesus answered them, “Most assuredly, I say to you, whoever commits sin is a slave of sin. Therefore if the Son makes you free, you shall be free indeed.”
—John 8:34, 36

No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.
—1 Corinthians 10:13

Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners will inherit the kingdom of God. And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God.
—1 Corinthians 6:9b-11

FILLED WITH ALL JOY AND PEACE IN BELIEVING

“For it shall come to pass in that day,” says the LORD of hosts, “That I will break his yoke from your neck, and will burst your bonds.”
—Jeremiah 30:8a

The Promise of Protection

I know that the LORD will maintain the cause of the afflicted, and justice for the poor.
—Psalm 140:12

The righteous will never be removed, but the wicked will not inhabit the earth.
—Proverbs 10:30

I will both lie down in peace, and sleep; for You alone, O LORD, make me dwell in safety.
—Psalm 4:8

For You, O LORD, will bless the righteous; with favor You will surround him as with a shield.
—Psalm 5:12

For in the time of trouble He shall hide me in His pavilion; in the secret place of His tabernacle He shall hide me; He shall set me high upon a rock.
—Psalm 27:5

The LORD raises those who are bowed down; the LORD loves the righteous. The LORD watches over the strangers; He relieves the fatherless and widow; but the way of the wicked He turns upside down.
—Psalm 146:8b-9

The Promise that God will Nurture You and Teach You

The LORD is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His name's sake.
—Psalm 23:1-3

FILLED WITH ALL JOY AND PEACE IN BELIEVING

Blessed are You, O LORD! Teach me Your statutes. Make Your face shine upon Your servant, and teach me Your statutes.
—Psalm 119:12, 135

In this you greatly rejoice, though now for a little while, if need be, you have been grieved by various trials, that the genuineness of your faith, being much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ, whom having not seen you love.
—1 Peter 1:6-8a

My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing. If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.
—James 1:2-5

How precious is Your lovingkindness, O God! Therefore the children of men put their trust under the shadow of Your wings. They are abundantly satisfied with the fullness of Your house, and You give them drink from the river of Your pleasures. For with You is the fountain of life; in Your light we see light.
—Psalm 36:7-9

Blessed is the man whom You instruct, O LORD, and teach out of Your law, that You may give him rest from the days of adversity.
—Psalm 94:12-13a

If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? For they indeed for a few days chastened us as seemed best to them, but He for our profit, that we may be partakers of His holiness.
—Hebrews 12:7, 10

HOW TO ABOUND IN HOPE

God knows the pain and frailty of your life and gently holds you in His arms. He allows time for healing and renewal, remembering that each person's journey toward hope unfolds differently.

Take Time to Heal

He heals the brokenhearted and binds up their wounds.

—Psalm 147:3

The eternal God is your refuge, and underneath are the everlasting arms.

—Deuteronomy 33:27a

As a father pities his children, so the LORD pities those who fear Him. For He knows our frame; He remembers that we are dust.

—Psalm 103:13-14

And when Jesus went out He saw a great multitude; and He was moved with compassion for them, and healed their sick.

—Matthew 14:14

He gives power to the weak, and to those who have no might He increases strength.

—Isaiah 40:29

Take Time to be Comforted

Our bodies had no rest, but we were troubled on every side. Outside were conflicts, inside were fears. Nevertheless God, who comforts the downcast, comforted us.

—2 Corinthians 7:5b-6a

“The LORD has anointed Me to preach good tidings to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound; to proclaim the acceptable year of the LORD, and the day of vengeance of our God; to comfort all who mourn, to console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the LORD, that He may be glorified.”

—Isaiah 61:1b-3

HOW TO ABOUND IN HOPE

Now may our Lord Jesus Christ Himself, and our God and Father, who has loved us and given us everlasting consolation and good hope by grace, comfort your hearts and establish you in every good word and work. —2 Thessalonians 2:16-17

Unless the LORD had been my help, my soul would soon have settled in silence. If I say, “My foot slips,” Your mercy, O LORD, will hold me up. In the multitude of my anxieties within me, Your comforts delight my soul. —Psalm 94:17-19

Rest in the Lord

“Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”

—Matthew 11:28-30

But those who wait on the LORD shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint. —Isaiah 40:31

Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ. —1 Peter 1:13

Rest in the LORD, and wait patiently for Him; do not fret because of him who prospers in his way. Do not fret—it only causes harm. —Psalm 37:7a, 8b

Though I walk in the midst of trouble, You will revive me.

—Psalm 138:7a

Trust in the Grace of God

But You, O LORD, are a shield for me, my glory and the One who lifts up my head. —Psalm 3:3

HOW TO ABOUND IN HOPE

Keep my soul, and deliver me; let me not be ashamed, for I put my trust in You. Let integrity and uprightness preserve me, for I wait for You. —Psalm 25:20-21

And those who know Your name will put their trust in You; for You, LORD, have not forsaken those who seek You. —Psalm 9:10

You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You. Trust in the LORD forever, for in YAH, the LORD, is everlasting strength. —Isaiah 26:3-4

O my God, I trust in You; let me not be ashamed; let not my enemies triumph over me. —Psalm 25:2

And He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.” —2 Corinthians 12:9a

Rejoice in the Goodness of God

Rejoicing in hope, patient in tribulation, continuing steadfastly in prayer. —Romans 12:12

The LORD takes pleasure in those who fear Him, in those who hope in His mercy. —Psalm 147:11

You have put gladness in my heart, more than in the season that their grain and wine increased. —Psalm 4:7

But let all those rejoice who put their trust in You; let them ever shout for joy, because You defend them; let those also who love Your name be joyful in You. —Psalm 5:11

Happy are the people whose God is the LORD!
—Psalm 144:15b

HOW TO ABOUND IN HOPE

Have Patience

Not all situations are resolved quickly. Patience is cheerful or hopeful endurance, expecting the destination to be worth the journey, the solution worth the struggle.

For God is not unjust to forget your work and labor of love which you have shown toward His name, in that you have ministered to the saints, and do minister. And we desire that each one of you show the same diligence to the full assurance of hope until the end, that you do not become sluggish, but imitate those who through faith and patience inherit the promises.
—Hebrews 6:10-12

For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope. Now may the God of patience and comfort grant you to be like-minded toward one another, according to Christ Jesus, that you may with one mind and one mouth glorify the God and Father of our Lord Jesus Christ.
—Romans 15:4-6

My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing.
—James 1:2-4

And you will be hated by all for My name's sake. But not a hair of your head shall be lost. By your patience possess your souls.
—Luke 21:17-19

“But the ones [seeds] that fell on the good ground are those who, having heard the word with a noble and good heart, keep it and bear fruit with patience.”
—Luke 8:15

HOW TO ABOUND IN HOPE

Forgive Yourself and Others

“For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.”

—Matthew 6:14-15

“And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. But if you do not forgive, neither will your Father in heaven forgive your trespasses.”

—Mark 11:25-26

“Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven. Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you.”

—Luke 6:37-38

Respond in Love

When there are people in our lives who are part of the problem, Jesus teaches the best way to work with them is to love them. This may feel unnatural or counterintuitive, but God is Love, and love will remain when evil has come to an end.

Love is the hallmark of a disciple

“A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one another.”

—John 13:34-35

And above all things have fervent love for one another, for “love will cover a multitude of sins.”

—1 Peter 4:8

HOW TO ABOUND IN HOPE

For this is the will of God, that by doing good you may put to silence the ignorance of foolish men. Honor all people. Love the brotherhood. Fear God. Honor the king.

—1 Peter 2:15, 17

Let love be without hypocrisy. Abhor what is evil. Cling to what is good. Be kindly affectionate to one another with brotherly love, in honor giving preference to one another.

—Romans 12:9-10

Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God.

—1 John 4:7

Love overcomes evil with good

Repay no one evil for evil. Have regard for good things in the sight of all men. If it is possible, as much as depends on you, live peaceably with all men. Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord. Therefore "If your enemy is hungry, feed him; if he is thirsty, give him a drink; for in so doing you will heap coals of fire on his head." Do not be overcome by evil, but overcome evil with good.

—Romans 12:17-21

"But love your enemies, do good, and lend, hoping for nothing in return; and your reward will be great, and you will be sons of the Most High. For He is kind to the unthankful and evil. Therefore be merciful, just as your Father also is merciful."

—Luke 6:35-36

Bless those who persecute you; bless and do not curse.

—Romans 12:14

HOW TO ABOUND IN HOPE

“Love your enemies, do good to those who hate you, bless those who curse you, and pray for those who spitefully use you. To him who strikes you on the one cheek, offer the other also. And from him who takes away your cloak, do not withhold your tunic either. Give to everyone who asks of you. And from him who takes away your goods do not ask them back.”

—Luke 6:27b-30

Persevere

Watch, stand fast in the faith, be brave, be strong. Let all that you do be done with love. —1 Corinthians 16:13-14

We also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us. —Romans 5:3b-5

But if we hope for what we do not see, we eagerly wait for it with perseverance. Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us. —Romans 8:25-26a

Knowing that you have a better and an enduring possession for yourselves in heaven. Therefore do not cast away your confidence, which has great reward. For you have need of endurance, so that after you have done the will of God, you may receive the promise. —Hebrews 10:34b-36

HOW TO ABOUND IN HOPE

I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace.

—Ephesians 4:1-3

Hope Regardless of Circumstances

When Jesus comes into our lives, hope fills our hearts and begins to control our minds, but that does not mean our physical circumstances have changed – at least not immediately. But the Hope that we have goes beyond circumstances.

For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us. We also who have the firstfruits of the Spirit, even we ourselves groan within ourselves, eagerly waiting for the adoption, the redemption of our body. For we were saved in this hope, ...we eagerly wait for it [our redemption] with perseverance. 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. If God is for us, who can be against us? He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things? Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

—Romans 8:18, 23b, 24a, 25b, 28, 31b, 32, 35, 38, 39

HOW TO ABOUND IN HOPE

Claim the Presence of God

“I [Jesus] am with you always, even to the end of the age.”
Amen. —Matthew 28:20b

For He Himself has said, “I will never leave you nor forsake you.” So we may boldly say: “The LORD is my helper; I will not fear. What can man do to me?” —Hebrews 13:5b-6

Where can I go from Your Spirit? Or where can I flee from Your presence? If I ascend into heaven, You are there; if I make my bed in hell, behold, You are there. If I take the wings of the morning, and dwell in the uttermost parts of the sea, even there Your hand shall lead me, and Your right hand shall hold me. —Psalm 139:7-10

O LORD, You have searched me and known me. You know my sitting down and my rising up; You understand my thought afar off. You comprehend my path and my lying down, and are acquainted with all my ways. —Psalm 139:1-3

Join a Fellowship of Believers

He [God] put all things under His [Jesus] feet, and gave Him to be head over all things to the church, which is His body, the fullness of Him who fills all in all. —Ephesians 1:22-23

And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching. —Hebrews 10:24-25

And He Himself gave [the church] some to be apostles, some prophets, some evangelists, and some pastors and teachers, for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, till we all come to the unity of the faith and of the knowledge of the Son of God. —Ephesians 4:11-13a

HOPE BY THE POWER OF THE HOLY SPIRIT

Some stress, depression, and anxiety can be caused by medical conditions or overwhelming circumstances. While Jesus, the Holy Spirit, and Scripture offer real hope of healing, God may also use the supportive care of a counselor or medical professional as part of the restoring work. Here are Scriptural promises the Holy Spirit can make real in your life.

In Emotional Stress

He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. You shall not be afraid of the terror by night, nor of the arrow that flies by day, nor of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday. —Psalm 91:1, 5-6

For He shall give His angels charge over you, to keep you in all your ways. In their hands they shall bear you up, lest you dash your foot against a stone. Because he has set his love upon Me, therefore I will deliver him. —Psalm 91:11-12, 14a

That He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height—to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God. —Ephesians 3:16-19

The steps of a good man are ordered by the LORD, and He delights in his way. Though he fall, he shall not be utterly cast down; for the LORD upholds him with His hand. I have been young, and now am old; yet I have not seen the righteous forsaken, nor his descendants begging bread. —Psalm 37:23-25

HOPE BY THE POWER OF THE HOLY SPIRIT

In Emotions of Despair

Uphold me according to Your word, that I may live; and do not let me be ashamed of my hope. Hold me up, and I shall be safe. —Psalm 119:116-117a

Then the lame shall leap like a deer, and the tongue of the dumb sing. For waters shall burst forth in the wilderness, and streams in the desert. —Isaiah 35:6

We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed—always carrying about in the body the dying of the Lord Jesus, that the life of Jesus also may be manifested in our body. For we who live are always delivered to death for Jesus' sake, that the life of Jesus also may be manifested in our mortal flesh. —2 Corinthians 4:8-11

Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory, while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal. —2 Corinthians 4:16-18

In Emotions of Anxiety

In the multitude of my anxieties within me, Your comforts delight my soul. —Psalm 94:19

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. —Philippians 4:6-7

HOPE BY THE POWER OF THE HOLY SPIRIT

“And do not seek what you should eat or what you should drink, nor have an anxious mind. For all these things the nations of the world seek after, and your Father knows that you need these things. But seek the kingdom of God, and all these things shall be added to you.” —Luke 12:29-31

In Emotions of Anger

So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God. —James 1:19-20

“Be angry, and do not sin: do not let the sun go down on your wrath, nor give place to the devil.” —Ephesians 4:26-27

He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city. —Proverbs 16:32

And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. —Ephesians 4:30-31

The discretion of a man makes him slow to anger, and his glory is to overlook a transgression. —Proverbs 19:11

But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth. Do not lie to one another, since you have put off the old man with his deeds, and have put on the new man who is renewed in knowledge according to the image of Him who created him.

—Colossians 3:8-10

HOPE BY THE POWER OF THE HOLY SPIRIT

In Emotions of Fear

“Do not fear, little flock, for it is your Father’s good pleasure to give you the kingdom.” —Luke 12:32

“And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell. Are not two sparrows sold for a copper coin? And not one of them falls to the ground apart from your Father’s will. But the very hairs of your head are all numbered. Do not fear therefore; you are of more value than many sparrows.” —Matthew 10:28-31

For God has not given us a spirit of fear, but of power and of love and of a sound mind. —2 Timothy 1:7

For as many as are led by the Spirit of God, these are sons of God. For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, “Abba, Father.” —Romans 8:14-15

Love has been perfected among us in this: that we may have boldness in the day of judgment; because as He is, so are we in this world. There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love. We love Him because He first loved us. —1 John 4:17-19

In Emotions of Grief

There is hope because life continues after death. We are not absorbed into some cosmic force or cease to exist as if we never were. There is going to be a resurrection and eternal life. Our life and accomplishments matter.

Death

“I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also.” —John 14:3b

HOPE BY THE POWER OF THE HOLY SPIRIT

But I do not want you to be ignorant, brethren, concerning those who have fallen asleep, lest you sorrow as others who have no hope. For if we believe that Jesus died and rose again, even so God will bring with Him those who sleep in Jesus.
—1 Thessalonians 4:13-14

For we know that if our earthly house, this tent, is destroyed, we have a building from God, a house not made with hands, eternal in the heavens. For in this we groan, earnestly desiring to be clothed with our habitation which is from heaven.
—2 Corinthians 5:1-2

“Most assuredly, I say to you, he who hears My word and believes in Him who sent Me has everlasting life, and shall not come into judgment, but has passed from death into life. Do not marvel at this; for the hour is coming in which all who are in the graves will hear His voice and come forth—those who have done good, to the resurrection of life, and those who have done evil, to the resurrection of condemnation.”
—John 5:24, 28-29

Loss of Possessions, Income, or Shelter

Let your conduct be without covetousness; [keep your lives free from the love of money] be content with such things as you have. For He Himself has said, “I will never leave you nor forsake you.” So we may boldly say: “The LORD is my helper; I will not fear. What can man do to me?” —Hebrews 13:5-6

“Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ...For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you.” —Matthew 6:31-33

HOPE BY THE POWER OF THE HOLY SPIRIT

“Take heed and beware of covetousness, for one’s life does not consist in the abundance of the things he possesses.”

—Luke 12:15b

“Therefore I say to you, do not worry about your life, what you will eat; nor about the body, what you will put on. Life is more than food, and the body is more than clothing.”

—Luke 12:22b-23

But those who wait on the LORD, they shall inherit the earth. For yet a little while and the wicked shall be no more; indeed, you will look carefully for his place, but it shall be no more. But the meek shall inherit the earth, and shall delight themselves in the abundance of peace.

—Psalm 37:9b-11

So Jesus answered and said, “Assuredly, I say to you, there is no one who has left house or brothers or sisters or father or mother or wife or children or lands, for My sake and the gospel’s, who shall not receive a hundredfold now in this time—houses and brothers and sisters and mothers and children and lands, with persecutions—and in the age to come, eternal life.”

—Mark 10:29-30

For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.

—Romans 8:18

For you had compassion on me in my chains, and joyfully accepted the plundering of your goods, knowing that you have a better and an enduring possession for yourselves in heaven. Therefore do not cast away your confidence, which has great reward. For you have need of endurance, so that after you have done the will of God, you may receive the promise.

—Hebrews 10:34-36

BELIEVERS ARE NOT EXEMPT FROM PAIN OR SUFFERING

What makes the believer different is that we have lasting hope when life seems hopeless, we have light in the darkness, we have life among death, we have truth amid deceit.

“I [Jesus] do not pray that You [the Father] should take them out of the world, but that You should keep them from the evil one.”
—John 17:15

But we have this treasure in earthen vessels, that the excellence of the power may be of God and not of us.

—2 Corinthians 4:7

But in all things we commend ourselves as ministers of God: in much patience, in tribulations, in needs, in distresses, in stripes, in imprisonments, in tumults, in labors, in sleeplessness, in fastings; by purity, by knowledge, by longsuffering, by kindness, by the Holy Spirit, by sincere love, by the word of truth, by the power of God, by the armor of righteousness on the right hand and on the left, by honor and dishonor, by evil report and good report; as deceivers, and yet true; as unknown, and yet well known; as dying, and behold we live; as chastened, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing all things.
—2 Corinthians 6:4-10

Others were tortured, not accepting deliverance, that they might obtain a better resurrection. Still others had trial of mockings and scourgings, yes, and of chains and imprisonment. ...They wandered about in sheepskins and goatskins, being destitute, afflicted, tormented—of whom the world was not worthy.... All these, having obtained a good testimony through faith.
—Hebrews 11:35b-39a

BELIEVERS HAVE LASTING HOPE

There is lasting hope because pain and suffering will end. There was a beginning to the physical world and there will be an end to the physical world. History has an appointment with destiny. It will not last for millions upon millions of endless years.

“Men of Galilee, why do you stand gazing up into heaven? This same Jesus, who was taken up from you into heaven, will so come in like manner as you saw Him go into heaven.”

—Acts 1:11b

Of old You laid the foundation of the earth, and the heavens are the work of Your hands. They will perish, but You will endure; yes, they will all grow old like a garment; like a cloak You will change them, and they will be changed. But You are the same, and Your years will have no end. —Psalm 102:25-27

For the heavens will vanish away like smoke, the earth will grow old like a garment, and those who dwell in it will die in like manner; but My salvation will be forever, and My righteousness will not be abolished. —Isaiah 51:6b

But the day of the Lord will come as a thief in the night, in which the heavens will pass away with a great noise, and the elements will melt with fervent heat; both the earth and the works that are in it will be burned up. Nevertheless we, according to His promise, look for new heavens and a new earth in which righteousness dwells. —2 Peter 3:10, 13

Now I saw a new heaven and a new earth, for the first heaven and the first earth had passed away. —Revelation 21:1a

Then comes the end, when He delivers the kingdom to God the Father, when He puts an end to all rule and all authority and power. —1 Corinthians 15:24

BELIEVERS HAVE LIVING HOPE

God is our Hope Now

Christ as a Son over His own house, whose house we are if we hold fast the confidence and the rejoicing of the hope firm to the end.
—Hebrews 3:6b

This hope we have as an anchor of the soul, both sure and steadfast.
—Hebrews 6:19a

“And now, Lord, what do I wait for? My hope is in You.”
—Psalm 39:7

But He saves the needy from the sword, from the mouth of the mighty, and from their hand. So the poor have hope, and injustice shuts her mouth.
—Job 5:15-16

I have set the LORD always before me; because He is at my right hand I shall not be moved. Therefore my heart is glad, and my glory rejoices; my flesh also will rest in hope.
—Psalm 16:8-9

Behold, the eye of the LORD is on those who fear Him, on those who hope in His mercy.
—Psalm 33:18

For You are my hope, O LORD GOD. I will hope continually, and will praise You yet more and more. My mouth shall tell of Your righteousness and Your salvation all the day.
—Psalm 71:5a, 14b-15a

You are my hiding place and my shield; I hope in Your word.
—Psalm 119:114

The LORD also will be a refuge for the oppressed, a refuge in times of trouble. And those who know Your name will put their trust in You; for You, LORD, have not forsaken those who seek You.
—Psalm 9:9-10

BELIEVERS HAVE LIVING HOPE

This I recall to my mind; therefore I have hope. Through the LORD's mercies we are not consumed, because His compassions fail not. They are new every morning; great is Your faithfulness. "The LORD is my portion," says my soul, "Therefore I hope in Him!" The LORD is good to those who wait for Him, to the soul who seeks Him. It is good that one should hope and wait quietly for the salvation of the LORD.

—Lamentations 3:21-26

God is our Hope Forever!

And now abide faith, hope, love, these three; but the greatest of these is love.

—1 Corinthians 13:13

But God, who is rich in mercy, because of His great love with which He loved us, even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved), and raised us up together, and made us sit together in the heavenly places in Christ Jesus, that in the ages to come He might show the exceeding riches of His grace in His kindness toward us in Christ Jesus. For by grace you have been saved through faith, and that not of yourselves; it is the gift of God.

—Ephesians 2:4-8

When He [Jesus] comes, in that Day, to be glorified in His saints and to be admired among all those who believe.

—2 Thessalonians 1:10a

For the Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the trumpet of God. And the dead in Christ will rise first. Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord. Therefore comfort one another with these words.

—1 Thessalonians 4:16-18

A FULLER UNDERSTANDING OF SIN AND SALVATION

When we hear and see how cruel and unfair life is to so many innocent people, it is easy to be discouraged and hopeless. We often feel victimized ourselves. To better understand the condition of the world, we need to understand the concept of sin or evil, and the need for salvation through Jesus Christ.

Sin Brought Death

The fool has said in his heart, "There is no God." They are corrupt, they have done abominable works, there is none who does good. The LORD looks down from heaven upon the children of men, to see if there are any who understand, who seek God. They have all turned aside, they have together become corrupt; there is none who does good, no, not one.

—Psalm 14:1-3

For as by one man's disobedience many were made sinners, so also by one Man's obedience many will be made righteous.

—Romans 5:19

But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us. Much more then, having now been justified by His blood, we shall be saved from wrath through Him. For if when we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life.

—Romans 5:8-10

If anyone sins, we have an Advocate with the Father, Jesus Christ the righteous. And He Himself is the propitiation [atoning sacrifice] for our sins, and not for ours only but also for the whole world.

—1 John 2:1b-2

There is a Devil Who Wants People to Hurt

We know that we are of God, and the whole world lies under the sway of the wicked one. —1 John 5:19

Because your adversary the devil walks about like a roaring lion, seeking whom he may devour. —1 Peter 5:8b

He who sins is of the devil, for the devil has sinned from the beginning. For this purpose the Son of God was manifested, that He might destroy the works of the devil. —1 John 3:8

The Devil Influences People to do Evil

You are of your father the devil, and the desires of your father you want to do. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he speaks a lie, he speaks from his own resources, for he is a liar and the father of it. —John 8:44

In this the children of God and the children of the devil are manifest: Whoever does not practice righteousness is not of God, nor is he who does not love his brother. —1 John 3:10

You once walked according to the course of this world, according to the prince of the power of the air, the spirit who now works in the sons of disobedience, among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others. But God, who is rich in mercy, because of His great love with which He loved us, even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved).

—Ephesians 2:2b-5

People are Addicted to Their Sin

And this is the condemnation, that the light has come into the world, and men loved darkness rather than light, because their deeds were evil. —John 3:19

For there is not a just man on earth who does good and does not sin. —Ecclesiastes 7:20

Whoever hates his brother is a murderer, and you know that no murderer has eternal life abiding in him. —1 John 3:15

“He who believes in the Son has everlasting life; and he who does not believe the Son shall not see life, but the wrath of God abides on him.” —John 3:36

Jesus has Overcome Sin and Death

And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent. —John 17:3

He who has the Son has life; he who does not have the Son of God does not have life. These things I have written to you who believe in the name of the Son of God, that you may know that you have eternal life, and that you may continue to believe in the name of the Son of God. —1 John 5:12-13

You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world. —1 John 4:4

For this is the love of God, that we keep His commandments. And His commandments are not burdensome. For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith. Who is he who overcomes the world, but he who believes that Jesus is the Son of God? —1 John 5:3-5

Faith in Jesus Brings Hope

Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, through whom also we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God. —Romans 5:1-2

Now faith is the substance of things hoped for, the evidence of things not seen. For by it the elders obtained a good testimony. By faith we understand that the worlds were framed by the word of God, so that the things which are seen were not made of things which are visible. —Hebrews 11:1-3

And you, who once were alienated and enemies in your mind by wicked works, yet now He has reconciled in the body of His flesh through death, to present you holy, and blameless, and above reproach in His sight—if indeed you continue in the faith, grounded and steadfast, and are not moved away from the hope of the gospel which you heard.

—Colossians 1:21-23a

Then Jesus said to him, “Go your way; your faith has made you well.” And immediately he received his sight and followed Jesus on the road. —Mark 10:52

And the apostles said to the Lord, “Increase our faith.” So the Lord said, “If you have faith as a mustard seed, you can say to this mulberry tree, ‘Be pulled up by the roots and be planted in the sea,’ and it would obey you. —Luke 17:5-6

For the time would fail me to tell of...the prophets: who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong. —Hebrews 11:32b-34a

GOD'S WAY TO SALVATION

I need a Savior.

For all have sinned and fall short of the glory of God.

—Romans 3:23

But your iniquities have separated you from your God.

—Isaiah 59:2a

Christ died for me.

For Christ also suffered once for sins, the just for the unjust, that He might bring us to God. —1 Peter 3:18a

I need to repent of my sin.

He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy.

—Proverbs 28:13

Repent therefore and be converted, that your sins may be blotted out.

—Acts 3:19a

I must receive Jesus by faith.

But as many as received Him, to them He gave the right to become children of God, to those who believe in His name.

—John 1:12

I can be sure of my salvation.

He who has the Son has life.

—1 John 5:12a

“Most assuredly, I say to you, he who hears My word and believes in Him who sent Me has everlasting life, and shall not come into judgment, but has passed from death into life.”

—John 5:24

We would love to hear how this booklet helped you find hope! Please share your story with us by scanning the QR code or visiting www.wmpress.org/MyStory.



Published in numerous languages by World Missionary Press, Inc., as God supplies funds in answer to prayer. **For questions or more information by country, visit: www.wmp-contacts.org**

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