

# THE HOPE CHOICE

## The Choices that Change Us: Part 2

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Pastor Brian

*“God blesses those who mourn, for they will be comforted.” (Matthew 5:4, NLT)*

*...no one can live with a broken spirit. (Proverbs 18:14, NCV)*

### WHAT CAUSES ME TO LOSE HOPE?

- **FEAR** that I cannot change.
- **FEELING** that I’m not worth it.
- **FOCUSING** on my past.
- **FRUSTRATED** by how much needs to change

*And so, Lord, where do I put my hope?*

***My only hope is in you.***

*(Psalm 39:7, NLT)*

### HOW GOD GIVES US HOPE

**H**E **KNOWS** ALL ABOUT ME.

*“For I know the plans I have for you,” says the LORD. “They are plans for good and not for disaster, to give you a future and a hope.” (Jeremiah 29:11, NLT)*

*“I am radiant with joy because of your mercy, for you have listened to my troubles and have seen the crisis in my soul.” (Psalm 31:7, The Living Bible)*

**O**FFERS HIS **COMFORT** TO ME.

*“When doubts filled my mind, your comfort gave me renewed hope and cheer.” (Psalm 94:19, NLT)*

*“I have hope when I think of this: The LORD’s love never ends; his mercies never stop. They are new every morning...” (Lamentations 3:21–23, NCV)*

**P**ROMISES TO FORGIVE ME.

*“...put your hope in the LORD, because with the LORD there is mercy and with him there is unlimited forgiveness.” (Psalm 130:7, GW)*

*“God is faithful and reliable. If we confess our sins, he forgives them and cleanses us from everything we’ve done wrong.” (1 John 1:9, GW)*

**E**XTENDS HIS POWER TO HELP ME.

*“Blessed are those whose help is the God of Jacob, whose hope is in the LORD their God.” (Psalm 146:5, NIV)*

*“When everything was hopeless, Abraham believed anyway, deciding to live not on the basis of what he saw he couldn’t do but on what God said he would do...” (Romans 4:18, The Message)*

**CHOICE 1:** I ADMIT I’M POWERLESS TO CONTROL MY TENDENCY TO DO WHAT I KNOW IS UNHEALTHY AND THAT MY LIFE IS UNMANAGEABLE.

**CHOICE 2:** EARNESTLY BELIEVE THAT GOD EXISTS, THAT I MATTER TO HIM, AND THAT HE HAS THE POWER TO HELP ME CHANGE.

**LAST THOUGHT**

What could my future be  
with A BRAND NEW ME?