

# HOPE



A LIVING HOPE  
TALK IT OVER  
MAY 2-3, 2020



## Empowered by Hope

*“Praised (honored, blessed) be the God and Father of our Lord Jesus Christ (the Messiah)! By His boundless mercy we have been born again to an ever-living hope through the resurrection of Jesus Christ from the dead, [born anew] into an inheritance which is beyond the reach of change and decay [imperishable], unsullied and unfading, reserved in Heaven for you, who are being guarded (garrisoned) by God’s power through [your] faith [till you fully inherit that final] salvation that is ready to be revealed [for you] in the last time.” High Priest forever after the order (with the rank) of Melchizedek.”  
- Hebrews 6:18-20 (AMPC)*

Hope has very positive physiological effects on the human body.

Two of hope’s key elements are belief and expectation.

These elements can block pain by releasing the brain’s endorphins and enkephalins and actually mimic the effects of a pain medication.

Hope positively affects processes like respiration, circulation, and motor function.

Belief and expectations have an impact on the nervous system which sets off a chain reaction that makes improvement and recovery more likely when one is suffering from illness.

Hope serves as a buffer from stress, anxiety and the effects of negative life events.

Hope in the future is clearly linked with daily habits that support health and prevent disease.

When you are hopeful, you make an investment in the future that pays off in the present.

Hope is always active, alive.

Our hope is a lively hope, a living hope – Jesus Christ, His life, His truth, His promises.

*“...For His fountain of mercy has given us a new life—we are reborn to experience a living, energetic hope through the resurrection of Jesus Christ from the dead.” - 1 Peter 1:3 (TPT)*

The resurrection of Jesus gives us a powerful hope to excel in life.

Hope has been called the nerve, the backbone, of all true life.

This concept of hope rests upon a basis of fact – we are born again into a lively hope.

The degree to which you are looking forward with a great anticipation determines your energy and stamina in the process.

This lively hope is essential to our highest well-being – physically, mentally, and spiritually.

Our worship is based on a future hope – a forever life in the presence of Jesus.

“Lively” denotes that which is dynamic, vital, alive.

It enables us to live without despair as we encounter suffering and trials in this present life.

This living hope is fertile, fruitful, productive hope. It has the power to cause transformation and restoration in our lives.

Our attitudes and actions are affected by this living hope.

It produces boldness and authority. Our emotions are revitalized, and our body chemistry affected.

*“So then, with this amazing hope living in us, we step out in freedom and boldness to speak the Truth.”  
- II Corinthians 3:12 (TPT)*

There is within us now that which insists, desires, yearns and is inspired to reach beyond the present into eternity.

*“...He also has planted eternity in men’s hearts and minds [a divinely implanted sense of a purpose working through the ages which nothing under the sun but God alone can satisfy]...”  
- Ecclesiastes 3:11 (AMPC)*

We are born again to a lively hope to obtain an inheritance which is imperishable and undefiled and will not fade away, reserved in Heaven for us. (I Peter 1:4)

This eternal inheritance is available to us now by faith as we hope in His promises and live in covenant with Him.

Our lively hope causes us to tap into our “safe deposit box” in Heaven.

*“Through our union with Christ we too have been claimed by God as His own inheritance...”  
- Ephesians 1:11 (TPT)*

*“...He is our hope-promise of a future inheritance which seals us until we have all of redemption’s promises and experience complete freedom—all for the supreme glory and honor of God!”  
- Ephesians 1:14 (TPT)*

He inherits us, and we inherit Him. We are enriched by God, and He is enriched by us.

We are blessed with every spiritual blessing, and daily, He loads us with His wisdom, knowledge and understanding.

A lively hope brings us into our highest life.

As we journey through this life we are patient, confident, hopeful.

All things are ours, and in all things God is working for our good.

### Discussion Questions:

- Two of hope’s key elements - \_\_\_\_\_ and \_\_\_\_\_.
- Hope is always \_\_\_\_\_, \_\_\_\_\_.
- What is our worship based upon?
- What does a lively hope produce within us?
- A lively hope brings us into our \_\_\_\_\_ life.

### Prayer:

*“...He is our hope-promise of a future inheritance which seals us until we have all of redemption’s promises and experience complete freedom—all for the supreme glory and honor of God!”  
- Ephesians 1:14 (TPT)*

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