



*THE STRUGGLE  
IS REAL*

PART II

## *Last Week...*

*Understand The Voices That Affect The Mind, Body, and Soul*

*Failure To Utilize Weapons, Causes Us To Lose Focus*

*Failure To Utilize Weapons, Causes Us To Become Fatigued*

*Failure To Utilize Weapons, Causes Us To Abandon Fellowship*

*Failure To Utilize Weapons, Causes Us To Rely On Feelings*

*God Gives Relief Through Ordinary Resources*

# Introduction

A 2020 study led by Matthew Gallagher, associate professor of clinical psychology at the University of Houston, looked at **the link between HOPE and MENTAL HEALTH treatment for anxiety**. Gallagher and his team studied how **HOPE** impacted **RECOVERY** among those who were being treated for social anxiety disorder, panic disorder, Generalized Anxiety Disorder, and Obsessive-Compulsive Disorder using Cognitive Behavioral Therapy (CBT).

The study concluded that “**HOPE** was a common element and a strong predictor of **RECOVERY**”. Research also shows that **HOPE** helps to moderate the impact of trauma, whether from military experiences, sexual assault, or other traumatic events.

The importance of **INSTILLING HOPE** and optimism is a crucial factor in **RECOVERY** and treatment for many individuals struggling with **MENTAL HEALTH CONDITIONS**. According to research, **HOPE** gives people **THE WILL, DETERMINATION**, and sense of **EMPOWERMENT** that allows them to reach their goals and recover completely.

They concluded that having **HOPE** was a protective factor against **SUICIDE** and **NEGATIVE THINKING**

# Introduction

Dr. Ron Caruci adds, “**HOPE** isn’t the **ALLEVIATION OF FEARFUL RISK, OR ANXIETY**. It’s **THE CHOICE** to see beyond the current circumstances to something better despite the presence of those feelings.”

John 14:1 ~ **LET NOT** Your Heart Be Troubled.... {**You Have A Choice**}

As **NEGATIVE** and **OVERBEARING SITUATIONS** arise, it can be difficult to hold on to a sense of **HOPE**. But **IT IS POSSIBLE...** Nurturing and restoring **HOPE** begins with **BELIEVING** that any obstacle can be Conquered. Persevering through adversity is **A REALITY** and not **Wishful Thinking...**

Desmond Tutu says “**HOPE** is being able **TO SEE** that there is **A LIGHT** despite all of the darkness.”

In this study we will examine the importance of **HOPE** in recovery by exploring the relevance of **HOPE** and other factors in achieving it; and finally, the difficulties surrounding maintaining **HOPE**. The central principle in recovery **IS HOPE**- it is the catalyst for change, and the enabler of the other factors involved in going through your struggle.

We will conclude that **HOPE** is not a **luxury**. For mental health, it's **A NECESSITY**.

It all starts with **HOPE**



# Introduction

The Bible Has a lot to say About **HOPE**....

Most people confuse **HOPE** with wishful thinking, as in "I hope something will happen."

This is not what the Bible means by **HOPE**.

The biblical definition of **HOPE** is having a "**CONFIDENT EXPECTATION**."

This expectation is built on the **POWER, PREEMINENCE, PROMISES**, and **PERSON** of Jesus Christ ~ It is **BELIEVING** in **GOD'S WORD**

**HOPE** keeps us going **IN HARD TIMES**. It's fuel for the future. It is a **feeling of expectation** and **desire for a certain thing to happen**. One of the biggest challenges I think we face in life is to never **LOSE HOPE**. It's hard to wait for desires that never seem to come, or to keep believing when we face disappointment, pain, and pressure.

Hope Illustration ~ Lost My Keys

**Hope** Can Be There, But Not **Evident**

**I KNOW HOPE** Is There

I just need to **THINK**... I just need to **LOOK**...

# Biblical Passages

*I KNOW HOPE IS THERE ~ JUST NEED A REMINDER....*

**Jeremiah 29:11 (NIV)**

*11 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.*

**Romans 15:13 (NLT)**

*13 I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.*

**Romans 12:12 (ESV)**

*12 REJOICE IN HOPE, be patient in tribulation, be constant in prayer.*

**Lamentations 3:20-21 (NASB)**

*20 Surely my soul remembers And is bowed down within me.*

*21 This I recall to my mind, **THEREFORE I HAVE HOPE.***

**Romans 15:4 (NASB)**

*4 For whatever was written in earlier times was written for our instruction, so that through perseverance and the encouragement of the Scriptures **WE MIGHT HAVE HOPE.***

# David's Hope

**Psalm 43:5 (NIV)**

*5 Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.*

*This passage is written by "A Man After God's Own Heart"... Despite his relationship with God... He still struggled with despair, depression, and discouragement*

*He had to fight giants, He had fight envy, He had to overcome his mistakes His family was dysfunctional and the Nation depended on HIM for Leadership...*

*It began to TAKE A TOLL on the man of God...*

*When you are at the end of your rope, you become DESPERATE....Act Out*

**1 Samuel 21:13-15 (NIV)**

*13 So he pretended to be insane in their presence; and while he was in their hands he acted like a madman, making marks on the doors of the gate and letting saliva run down his beard.*

*14 Achish said to his servants, "Look at the man! He is insane! Why bring him to me?"*

*15 Am I so short of madmen that you have to bring this fellow here to carry on like this in front of me? Must this man come into my house?"*

# David's Hope Comes From Within

Psalm 43:5 (NIV)

5 *Why are you downcast, O MY SOUL? Why so disturbed within me?  
Put your hope in God, for I will yet praise him, my Savior and my God.*

## Why Are You Downcast....

*It means ~ In despair or bent over as if the wind is knocked out of you?*

*SPEAKS TO HIS SOUL ~ The seat of emotions, mind, and will {thinker, feeler, doer}  
How healthy is your soul ~ "What Profit A Man To Gain World...Lose His Soul??"*

## Illustration

*Haratio Spafford's life was turned upside down...*

*He was a successful Chicago lawyer, but then lost most of his wealth in financial crisis of 1873*

*He was headed to Europe for a Revival but was held up because of business*

*He sent his family {wife and 4 daughters} ahead of him...*

*On November 22, 1873 the ship collided with another ship and his 4 daughters were killed*

*He boarded a ship to go and console his wife, one of the few survivors...*

*On the ship, he wrestled with all types of emotions...*

*He eventually penned these words....*

*When Peace Like A River attends my way ~ When sorrows like sea-billows roll,*

*Whatever my lot, Thou has taught me to say*

*IT IS WELL, IT IS WELL, WITH MY SOUL...*



## David's Hope

Psalm 43:5 (NIV)

5 Why are you downcast, O my soul? Why so disturbed within me?  
**PUT YOUR HOPE IN GOD**, for I will yet praise him, my Savior and my God.

## His Soul Was Anchored In Something Secure!!!

Hebrews 6:19 (NIV)

19 We have **THIS HOPE** as an anchor for the soul, firm and secure.  
“Anchors allow drifting...But only a certain distance”

**RELY ON THE LORD TO HELP YOU FACE YOUR OBSTACLES AND OVERWHELMING CIRCUMSTANCES**

Psalm 138:7 (NKJV)

7 Though I walk in the midst of trouble, **YOU WILL REVIVE ME...**

**Psalm 23:4 (NKJV)**

4 Yea, though I walk through the valley of the shadow of death, I will fear no evil; **FOR YOU ARE WITH ME..**

**Psalm 34:18 (NKJV)**

18 The **LORD IS NEAR TO THOSE WHO HAVE A BROKEN HEART...**

David Knew That If He Was Going To Get Through Those discouraging Times  
**GOD WAS HIS ONLY HOPE**

# Why Put My Hope In God

*Psalm 43:5 (NIV)*

5 Why are you downcast, O my soul? Why so disturbed within me?  
**PUT YOUR HOPE IN GOD**, for I will yet praise him, my Savior and my God.

*Because My Hope Is Rooted In The Faithfulness Of God*

*1 Corinthians 10:13 (NKJV)*

13 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.

Question: Has God Been There *Through Every Trial... Through Every Test...Through Tough Times*  
*Examine Your Faith File ~ Reminders Give Reassurance*

*Hebrews 11:1 (NLT)*

1 Faith is the confidence that what we hope for will actually happen;  
it gives us assurance about things we cannot see.

*Whatever You Are Facing ~ God Has Allowed or Arranged It*

*Psalm 66:10-12 (NLT)*

10 You have tested us, O God; you have purified us like silver. 11 You captured us in your net and laid the burden of slavery on our backs. 12 Then you put a leader over us. We went through fire and flood, but **YOU BROUGHT US TO A PLACE OF GREAT ABUNDANCE**.

**HE IS FAITHFUL TO HIS PURPOSE, HIS PLAN, AND HIS PROMISES**

# Hope Anticipates The Outcome

Psalm 43:5 (NIV)

5 Why are you downcast, O my soul? Why so disturbed within me?  
put your hope in god, **FOR I WILL YET PRAISE HIM, MY SAVIOR AND MY GOD.**

**HOPE** Gives A Healthy Anticipation That **Overcomes Anxiety**

As you go **THROUGH** your struggle... Hope Gives Us Something To Look Forward To

Romans 4:18-21 (NLT)

18 Even when there was **no reason for hope**, **Abraham kept hoping**—believing that he **would become** the father of many nations. For God had said to him, “That’s how many descendants you will have!”

19 And Abraham’s faith did not weaken, even though, at about 100 years of age,  
he figured his body was as good as dead—and so was Sarah’s womb.

20 Abraham never wavered in **BELIEVING GOD’S PROMISE**. In fact, his faith grew stronger, and in this he brought glory to God. 21 He was fully convinced that **GOD IS ABLE** to do **whatever he promises**.

Our Hope Is In the **PROMISES OF GOD**

If you **BELIEVE THE PROMISES**.... **EXPECTATION produces EXCITEMENT**



# Hope Anticipates The Outcome

Remind Yourself of the Outcome

**Romans 8:28 (NIV)**

28 And **we know** that in all things **God works for the good** of those who love him, who have been called according to his purpose.

**1 Corinthians 2:9 (NKJV)**

9 But as it is written: "Eye has not seen, nor ear heard, Nor have entered into the heart of man The things which **GOD HAS PREPARED** for those who love Him."

**Galatians 6:9 (NKJV)**

9 And let us not grow weary while doing good, **FOR IN DUE SEASON WE SHALL REAP** if we do not lose heart.

**Psalms 126:5-6 (NLT)**

5 Those who plant in tears **WILL HARVEST WITH SHOUTS OF JOY.**  
6 They weep as they go to plant their seed, but they sing **AS THEY RETURN WITH THE HARVEST.**

**James 1:2-4 (NLT)**

2 Dear brothers and sisters, when troubles come your way, **consider it an opportunity for great joy.**  
3 **For you know** that when your faith is tested, your **endurance has a chance to grow.**  
4 So let it grow, for when your endurance is fully developed, **you will be perfect and complete, needing nothing.**



# Hope Requires Endurance

*During The Struggle... There is a struggle to stay with God*

*The Command*

*Romans 8:25 (NIV)*

*25 But if **we hope** for what we do not yet have, **we wait for it patiently.***

*Romans 12:12 (NIV)*

*12 Be joyful **in hope**, **patient in affliction**, faithful in prayer.*

*Psalm 27:14 (NKJV)*

*14 **Wait on the LORD**; Be of good courage, And He shall strengthen your heart; **Wait, I say, on the LORD!***

*Psalm 39:7 (NKJV)*

*7 "And now, Lord, **what do I wait for?** **My hope** is in You.*

## *But Rejoice In Knowing*

*Philippians 1:6 (NIV)*

*6 being confident of this, that **he who began a good work in you will carry it on to completion...***

*Jude 1:24 (NKJV)*

*24 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,*

# Conclusion

Many Christian Psychologists use the term **RESILIENCE**. They say **RESILIENCE** is key to the connection between **HOPE** and **MENTAL HEALTH**. **RESILIENCE** refers to **THE ABILITY TO BOUNCE BACK** more quickly *after adverse experiences*, and *to learn from those experiences*.

Resilient people don't ignore or suppress difficult emotions; *they process them, learn from them, and take those lessons into the next phase of their life.*

## Resilient People Speak A Different Language

**Job 13:15 (NIV)**

15 Though he slay me, *yet will I hope in him...*

**John 2:19 (NIV)**

19 Jesus answered them, "Destroy this temple, and *I will raise it again in three days.*"

**2 Corinthians 4:8-9 (NLT)**

8 We are pressed on every side by troubles, *but we are not crushed*. We are perplexed, *but not driven to despair*. 9 We are hunted down, *but never abandoned by God*.  
We get knocked down, *but we are not destroyed*.

*Listen To The Language Of Those In The Struggle*

*Remember This.....*

*HOPE IS HAVING A "CONFIDENT EXPECTATION"*

*HOPE IS THE ANCHOR OF THE SOUL*

*HOPE IS ROOTED IN THE FAITHFULNESS OF GOD*

*HOPE ANTICIPATES THE OUTCOME*

*HOPE REQUIRES ENDURANCE*

*RESILIENT PEOPLE SPEAK A DIFFERENT LANGUAGE*