

LESSON 5 – HOW CAN I MAINTAIN HOPE DURING HARDSHIPS?

*“We have this **hope** as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain,²⁰ where our forerunner, Jesus, has entered on our behalf. He has become a high priest forever, in the order of Melchizedek.” **Hebrews 6:19-20 (NIV)***

Faith offers us the *belief* of eternity. But we *live* by the *hope* that Jesus is at the other end of our journey.

1. The question is: How do I **DEAL** with the hardships and struggles of life?

In the Bible, we find that *faith* and *hope* are linked together (“*Now faith is confidence in what we hope for and assurance about what we do not see.*” **Hebrews 11:1**. As we look at the virtue of hope, it is also important for us to clearly understand what *faith* involves.

- A. **Faith** is an acknowledgement that even though we have no idea of what is coming ahead, we trust that God knows. We believe that he has the future in his control. We place our hope in him.
- B. **True hope** is only found through trust in God. If faith begins the journey, then hope ends it. Hope is knowing where the road of faith will end and being confident of where the story concludes. Hope gives us the ability to endure the *hardships* and *difficulties* along the road of faith. We walk in the hope of where the road leads: the eternity with Jesus.

*“We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain,²⁰ where our forerunner, Jesus, has entered on our behalf.” **Hebrews 6:19-20a***

2. We can **COPE** with the Hardships of life because of the hope we have in Jesus Christ.

To better understand biblical hope, we must first understand what hope is **Not**.

- A. *Hope is not* putting your faith in your **current circumstances**, they will either improve or at least stay the same. We do not have such a guarantee and thus cannot sustain this type of hope.
- B. *Hope is only* as good as the **power and character** of the one who guarantees it, which is why true hope is only found in God.
- C. Christ provides what is true and viable, the hope of **eternal life**. This hope of eternity that God has promised to all believers in Christ enables us to endure life’s hardships and endure bumps and bruises along the way. We can hope in the ultimate promise of God: our future resurrection.

*“We wait in hope for the LORD; he is our help and our shield. ²¹In him our hearts rejoice, for we trust in his holy name. ²²May your unfailing love be with us, LORD, even as we put our hope in you.” **Psalm 33:20-22***

3. If you want to increase your hope, get to know and **TRUST** Jesus.

Our minds can be our greatest enemy or our strongest ally. How we think is what we will do, and what we will do is what we will become.

- When we **embrace God’s hope**, it has a powerful effect on our lives. Focusing on hope for today, our future, and into eternity creates a positive, optimistic, “glass half full” mindset. This mindset is not only a different way to live, but it’s also the best way to live.
- **Remember God** and Spend Time with Him. God is bigger than your circumstances. Difficult times may feel like they last forever, but they are temporary. God is present amid the bad times as well as the good. *“Even youths grow tired and weary, and young men stumble and fall; ³¹but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” **Isaiah 40:30-31***