

## **HOPE IN THE DARK: WEEK 1, REFUEL**

**1 Corinthians 13:13** These three things remain, faith, hope and love.

**Proverbs 4:23** Above all else, guard your heart, for everything you do flows from it.

**Isaiah 40:31** 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 faint.

### **4 Principles to build into your life to keep you REFUELED**

#### **1. Invest in your own growth.**

**Mark 1:35** Very early in the morning, while it was still dark, Jesus got up, left the house, went off to a solitary place, where he prayed.

#### **2. Never underestimate the power of worship.**

**Matthew 22:37** Love the Lord your God with all your heart, with all your soul and with all your mind. This is the first commandment and it is the...Greatest commandment.

**Psalms 46:10** Be still and know that I am God.

#### **What does worship do?**

- It renews your strength
- It reconnects you with God
- It restores your perspective
- It rebuilds your confidence
- It restores your joy
- It releases your anxieties

#### **3. Unleash the bible into your life.**

**In the 1950's, We lost innocence.**

**In the 1960's, We lost authority.**

**In the 1970's, We lost love.**

**The 1980's. We lost our values.**

**In the 1990's We lost faith.**

**In the year 2000 We lost all sense of security.**

**In the 2010's We have lost hope.**

**John 1:1** The word became flesh and made his dwelling among us. We have seen his glory, the glory, the one and only son who came from the father, full of grace and truth.

**Matthew 7:24** (Paraphrased) Therefore everyone who hears these words of mine and puts them into practice (DOES THEM) is like a wise man or woman who built their marriage, built their life, built their house, on a solid foundation. The rock.

#### **4. Refuse to go alone.**

**John 17:20-21a** My prayer is not for them alone. I pray also for all of those who will believe in me through their message, that all of them may be one.