

High Hopes Session 1 – Get Your Hopes Up

I. Introduction

Jeremiah 29:11 (NKJV) – *For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope.*

Jeremiah 29:11 (CSB) – *For I know the plans I have for you "--this is the LORD's declaration--" plans for your well-being, not for disaster, to give you a future and a hope*

Jeremiah 29:11 (GWT) – *I know the plans that I have for you, declares the LORD. They are plans for peace and not disaster, plans to give you a future filled with hope*

Jeremiah 29:11 (CEV) – *I will bless you with a future filled with hope--a future of success, not of suffering*

A. God declares his plan for your thoughts and plans for your life are good!

1. Thoughts of peace – wellbeing – success.
2. His thoughts and plans are not for disaster, failure or evil.
3. The Lord has a GOOD FUTURE planned for us.

B. God's Plan includes HOPE

1. The Common thread of HOPE:
To give you a future and a HOPE!
To give you a future FILLED WITH HOPE!
2. You will never embrace your future unless HOPE is present.



3. The presence of *HOPE* keeps us moving forward – pursuing our dreams – setting goals – being encouraged – being strong.
4. The lack of *HOPE* = a stagnant life that doesn't flow forward anymore/doesn't advance/has stopped advancing.
5. Many are in the stagnant life – because of little or no *HOPE*

C. Go Ahead, Get Your Hopes Up

1. We are going to get our hopes up in this series!
 - a. Stir up hope!
 - b. Search for hope!
 - c. We are going to become established in hope!
 - d. We are going to go against the grain – and get our hopes up.
I give you permission – “Go ahead, and get your hopes up!”
 - e. The Negative us of this statement – usually includes “DON'T”!
2. Don't get your hopes up
 - a. To avoid becoming excited at the prospect of something good happening in the future.
Is there anything good in our future? The future of believers? Jeremiah just declared that God's thoughts about my future are good. If God's thoughts about my future are good, then my thoughts about my future should be good as well.
 - b. To avoid causing someone to become excited about or expectant about something good happening in the future.
*I came to excite you about your future!
I came to encourage you about your future!
Guilty as charged – I came to get your hopes up – higher than ever!*
 - c. One should not expect something good will happen and one should not start hoping that something good will happen *since it probably will not.*

D. From a Therapists' Perspective

1. When did you learn that you were not supposed to get excited about the potential of our own lives?
 - a. Who first told you, *“Don’t get your hopes up?”*
 - b. Hope thieves – Hope killers

2. Many studies show that even the smallest change in excitement and positive expectation impact your decision-making perspective – (Your ability to solve a problem).
 - a. The person who has *HOPE* has a greater probability of solving a problem and making better decisions than a person who has no hope/excitement about a positive outcome.
 - b. Being hopeful impacts the rate at which your body heals itself.

3. Your brain is so efficient that when you lose hope/generally do not think something will happen – the brain will not waste the energy in imagining ways to make room for that something in your life.
When you imagine that something good is going to happen, your brain will prepare for that something to happen – even if it doesn’t.
 - a. A person who suppresses hope in order to avoid disappointment is actually training their brain to expect to lose.
 - b. *Many have trained themselves to lose – Self Sabotage*
 - c. *All this time your blamed others, circumstances, etc.*
 - d. *You were sabotaging yourself.*

4. Benefits of a Hopeful Mindset Include – (Brainworksrehad.com)
 - a. Reduced joint pain
 - b. Helps control asthma
 - c. Speedy recovery from a heart attack
 - d. Improves self esteem
 - e. Reduces depression
 - f. Diminishes anxiety



5. Example – Two people with the same type of brain injury
- a. One person flies through rehab, he continues moving forward working hard, asking for the next exercise, asking for the next step, in so much that the therapist ask have to reign him in and slow him down.
 - b. Another person with the same injury has a terrible time, needing support just to get the day started let alone being able to participate in rehab on a consistent basis. They experience just as many steps backward as forward.
 - c. The Difference Maker, HOPE

QUOTE:

We see this often in rehab:

People often thrive in rehab because of HOPE.

Others continually struggle because of the LACK OF HOPE.

Science is not an enemy of God.

Accurate/True science will always agree with God.

Science agrees with the Word of God = Hope makes a difference!

II. What does the Bible say about hope?

- A. Psalm 146:3-9 (MSG)** – *Don't put your life in the hands of experts who know nothing of life, of salvation life. Mere humans don't have what it takes; when they die, their projects die with them. Instead, get help from the God of Jacob, **put your hope in God and know real blessing!** GOD made sky and soil, sea and all the fish in it. He always does what he says – he defends the wronged, he feeds the hungry. GOD frees prisoners – he gives sight to the blind, he lifts up the fallen. GOD loves good people, protects strangers, takes the side of orphans and widows, but makes short work of the wicked*

1. The writer encourages us to *Put our Hope in God – and you will know REAL Blessing = Real blessing is connected to HOPE in God!*

- a. Real Understanding of God = HOPE.
- b. Accurate Perception of God = HOPE.
- c. Get Understanding:

Who He is.

What He thinks.

What He expects.

How He responds.

IF GOD'S THOUGHTS TOWARD ME ARE GOOD – FOR A GOOD FUTURE, then my thoughts about me should agree!

B. Hebrews 6:18-19 (NLT) – ¹⁸So God has given both his promise and his oath. These two things are unchangeable because it is impossible for God to lie. Therefore, we who have fled to him for refuge can have great confidence as we hold to the hope that lies before us. ¹⁹This hope is a strong and trustworthy anchor for our souls. It leads us through the curtain into God's inner sanctuary.

- 1. We can have great confidence as we hold to the hope that lies before us – *Hope builds confidence – we need confidence!*
- 2. Hope is a strong and trustworthy anchor for our souls!
 - a. Soul – emotions/natural mind/that is easily moved by circumstances.
 - b. Anchor = to hold in place – to secure firmly
 - c. Hope is an anchor – *something I can hold onto when I feel overwhelmed by life's circumstances*
- 3. There are many people who have no hope – their life isn't anchored/settled/fixed/stable.
- 4. Their life is shifting with the waves upon the sea of life
Good sailing vs stormy weather – up and down and all around.

5. God, in His Word declares – that my hope in him will be an anchor for my life!
6. Hope is connected to my future – Jeremiah 29:11.
7. Hope is connected to you “Going Forward”.
8. **If we are going forward in 2021 – we must get and keep our hope up.**

III. Closing

The Word of the Lord to me regarding this series.

There will be many things happening in 2021 throughout this world that have the potential to steal your hope. If you stay connected to the church (and GFC) your hope will not only be unshakable but it will increase throughout the year to a much greater level.

A. Did anything happen in 2020 that could shake your hope?

1. Pandemic
2. Quarantine
3. Elections
4. Injustices
5. Deception
6. Riots
7. Lawlessness
8. Corruption

B. If your hope was shaken, there is a need to *RE-DIRECT* your hope!

John 16:33 (KJV) – *These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.*

1. In this world you will have tribulation.

2. Tribulation = a pressing – pressure – affliction, distress, trouble.
There will be some trouble in this world.
There will be some pressure in this world.

3. Be of good cheer – I have overcome the world!
Cheer = have courage – keep your hope up for I have overcome the world.

4. These things I have spoken to you that you might have peace.
I have given you my word.
During troubled times, my word will produce PEACE/HOPE in your life.
The peace that will come from my word will be the ANCHOR OF HOPE that you need to survive the stormy seasons of life.

5. In the weeks ahead – we will *Build our Hopes Together!*
Our souls will be anchored and able to withstand the strongest storms!

We will grow stronger in faith!

We will grow in confidence in our God!

We will Stir our visions for the future!

We will not envision ourselves unable or defeated!

We will envision our victory!

WE will see ourselves strong in the Lord!

WE WILL See our greatest days ahead!

I have hope – I have high hopes!