

"Overcome Fear"

No matter what kind of situation you may find yourself facing, don't be afraid, because God will always be with you and have your best interests in mind since He loves you. **"There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love."** (1 John 4:18) Whenever feelings of fear creep into your life, turn to God for the help you need to overcome them and successfully navigate your circumstances. Whenever you sense God calling you to do something that requires taking a risk, move forward without fear because God will empower you to do whatever He calls you to do. **"For God has not given us a spirit of fear, but of power and of love and of a sound mind."** (2 Timothy 1:7)

"Keep Heaven In Mind"



"Yet what we suffer now is nothing compared to the Glory He will reveal to us later." (Romans 8:18) Remember all that awaits you in heaven at the end of your life here on Earth. Let the anticipation of the wonderful experiences you'll have in heaven motivate you to meet your current challenges with the hope, which will lead to the strength you'll

need to get through any situation. As you think about heaven, focus your mind on what truly matters and let distractions go so you can live life to the fullest right now. **"And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is admirable— if anything is excellent or praiseworthy—think on these things. Whatever you have learned or received or heard from me, or seen in me, put into practice. And the God of peace will be with you...."**

(Philippians 4:7-9)

"Don't Give Up"

Whenever your sense of hope starts running out, ask God to renew you with a fresh dose of hope so you can continue to faithfully deal with the difficult situations that come your way. Be confident that at the right time, God will reward you for your faithfulness if you don't give up your faith in the middle of challenging circumstances. Count on God to give you more hope whenever you ask Him for it. **"But those who wait on the LORD Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint."** (Isaiah 40:31)



Are you in the midst of difficult times? Are you afraid you won't get through them? We all struggle with these feelings from time to time. We fear the depression will never leave, or physical pain and suffering will never stop. Here in the pits, we wonder: Will this gray sky

ever brighten? Will this load ever lighten? We might even be asking, **"Does God really care, is He good?"** We may feel stuck, locked in, trapped. Predestined for failure. Will we ever exit this pit? Yes! We can exit the pit of despair and hopelessness through the Hope of God's Promises. **'HOPE Is Being Able To See That There Is A Light Despite All The Darkness.'** (Desmond Tutu)

"How Do We Build Our Hope In God?"



When life is going well for us, it's easy to feel hopeful. But when this fallen world brings trouble into our lives, feelings of hopelessness can seep into our hearts. **Thankfully, the hope that God offers is much more than a feeling: It's the reality of His presence with you.** **Christian hope is when God has promised that something is going to happen and you put your trust in that promise.** **Christian hope is a confidence that something will come to pass because God has promised it will come to pass.** You can experience that

hope in any situation. Hope is a portion or part of faith. Faith and hope, in my mind, are overlapping realities: hope is faith in the future tense. So most of faith is hope. The Bible says, **"Faith comes by hearing and hearing by the Word of God"** (Romans 10:17). This implies that hope, like faith, is also strengthened by the Word of God. Hope comes from reading His precious and very great promises and looking to Christ Who purchased them. I would sum it up like this: The most important verse in the Bible for me, probably, is Romans 8:32 **"He Who did not spare His Own Son but gave Him up for us all, how will He not also with Him graciously give us all things?"** Now that last part is hope producing! But it's grounded in the rock-solid statement that **"God didn't spare His Own Son."** So the essence of what we look to in the Bible to build our hope is, What has Christ done for me in my sinful condition that enables us to know that we will not come into judgment and condemnation and that all things are working together for our good? And the answer is that Christ died for us, rose again for us, and

therefore all the promises of God are yes in Him. So let's look away from the circumstances that confront us, look to Christ, look to the promises, and hold fast to them. Hope comes from the promises of God rooted in the work of Christ.

"Stop Simply Surviving And Start Thriving"



Don't let difficult circumstances stop you from making the most of each day you're alive. Realize that even when times are tough, you can do much more than just endure your current situation. You can actually enjoy life to the fullest - even in the

middle of the worst circumstances - when you remember that life is a gift from God and decide to embrace it. Ask God to help you notice His presence with you in every situation, and rejoice when you sense Him nearby. Pray for the Holy Spirit to renew your mind each day so you can have the positive attitudes you need to thrive no matter what is going on in your life.

"Choose To Trust"

When something bad happens in your life, don't respond by arguing with God or rebelling against Him. Instead, trust God to keep His promise to use all circumstances - including the bad ones - to accomplish good purposes in your life. Remember that God is perfect, so He can't make any mistakes, and whatever He chooses to do is for a good purpose. If He has allowed something difficult to happen to you, there's a reason. (Proverbs 3:5-6) "Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths."

"Learn And Grow From Your Struggles"

God allows you to experience challenging circumstances so you can learn to love and trust Him in deeper ways, and so you can grow more mature, developing a strong character to become more like Jesus. Keep in mind that God is more interested in your lasting holiness than your temporary happiness, because holiness will help you learn to choose what's best for you. Ask God to help you see your struggles from His perspective. Let your struggles teach you whatever God wants you to learn from them. As you deal with the difficulties in your life, stay focused on what matters most - eternal values - so you can grow into a stronger person in the process. In scripture we read, "And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and

Lord, help me to face today living in hope.



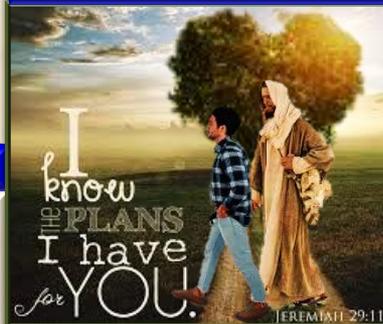
character, hope. Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit Who was given to us." (Romans 5:3-5). If you look to the Lord, and trust in Him, He will use those hard times of hopelessness in your life to make you a better person and to give you hope for the future. When hard times come, don't get bitter & get better. And don't give up. See your trials and tribulations through to

the end, trusting in your Lord and Savior to do mighty things for you.

"Attract Others To Faith As They Watch You"

Remember, your walk with God may be the only Bible people will read. Other people are watching you as you deal with difficult situations. If you respond by being faithful to Jesus, they'll be drawn to Him themselves because you'll show them what real faith in action looks like, and that's attractive. So rather than complaining about your struggles or compromising your values as you try to deal with them, invite Jesus to shine His light through your life, and reflect His character qualities so other people can see how a relationship with Him can help them when they face their own struggles.

"Want What God Wants For You"



Don't make the mistake of thinking that God doesn't care about you if He doesn't give you whatever you ask Him for. Realize that God loves you so much that He gives you what you need, even when it's not what you want. Keep in mind that, because of your limited perspective on life compared to God's unlimited perspective, sometimes you ask God for something that seems good but can actually

harm you. Trust in the fact that God knows what you need to have the life that brings you the greatest good. Ask God to bring your desires in line with His will for you. "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. Then you will call on Me and come and pray to Me, and I will listen to you. You will seek Me and find Me when you seek Me with all your heart." (Jeremiah 29:11-13)