

# HOPE

Sunday Morning 10:30 class

For those of you just joining us,  
I covered the entire book of Romans in the 9:15 class.

It's about **unrighteousness** of man, **justification** by the work of Christ, **sanctification** through the indwelling of the Holy Spirit, the **Sovereignty** of God, and **the Christian Life**. It concludes with a **benediction** by Paul in Romans 15:13

Romans 15:13 -

<sup>13</sup> **May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.**

At this pace, I should be able to cover the Bible in just over a year!

The purpose of the introduction this morning is to give *context* to what I am teaching this hour.

When we read the book of Romans, we will see that the word **Hope** is used 15 times. It is used 130ish times in the whole bible. It is used twice in our verse.

I want to throw a couple of statistics at you:  
(*upliftprogram.com*)

Depressive disorders affect approximately 9.5% of the U.S. population age 18 and older in a given year...

Pre-schoolers are the fastest-growing market for antidepressants. At least four percent of preschoolers ... are clinically depressed.... 30% of women are depressed.

Men's figures were previously thought to be half that of women, but new estimates are higher....

15% of depressed people will commit suicide....

Depression will be the second largest killer after heart disease by 2020—

and studies show depression is a contributory factor to fatal coronary disease.

Why do I bring this up? I know this may be oversimplifying the medical conditions and I am not taking away from any professional whose life study is mental disorders, but folks, I have to believe that at the end of the day, the only reason that someone would be able to take their own life is because they have absolutely no hope. This is a tragedy that breaks my heart and yet we have the answer.

Let's work through our verse:

### May the God of **Hope**

Definition of HOPE:

#### **Strong's Concordance**

elpis: expectation, hope

Original Word: ἐλπίς, ἰδος, ἡ

Part of Speech: Noun, Feminine

Transliteration: elpis

Phonetic Spelling: (el-pece')

Short Definition: hope, expectation

Definition: hope, expectation, trust, confidence.

**HELPS Word-studies1680** *elpís* (from *elpō*, "to anticipate, welcome") – properly, **expectation of what is sure (certain);** *hope*.

**Unger's Bible Dictionary**- expectation of good. In the Christian sense, a joyful and confident expectation of eternal salvation

## What is Hope?

- a. I hope the Cowboys win the Super Bowl.
- b. I hope I win the lottery.
- c. Hope in the world is more accurately called a wish.
- d. I want something to happen. I'm not sure it will so I will wish it so.

**The word Hope in the Bible** is an expectation of what is certain. **It is not a wish.**

1. God is a **God of Hope** - things that are certain
2. God is the **Source of Hope**. All other things are uncertain. Only God can tell us what will happen and make it happen.
3. **Biblical Hope** is based on God's Promises
4. In Romans 15:13, Paul is referring back to verse 12 referring to the **salvation through Christ**

a. <sup>12</sup> And again, Isaiah says, **“The Root of Jesse will spring up, one who will arise to rule over the nations; in him the Gentiles will hope.”**

5. Those that have not put their trust in Christ cannot have true hope.

There is **no hope in the world, only wishes.**

a. Ephesians 2:12  
<sup>12</sup> **remember that at that time you were separate from Christ, excluded from citizenship in Israel and foreigners to the covenants of the promise, without hope and without God in the world.**

6. Even with all the advancements in medicine. The one thing in life that is certain is death. Last time I checked the mortality rate is still 100%. **Without Christ, there is no hope beyond the grave.**

May the God of hope **fill you with all joy and peace**

1. Paul is not praying for a little peace or a little joy, but an abundance of peace and joy
2. This is peace and joy from God. Not circumstantial peace and joy.  
**GOD'S PEACE AND JOY.**
3. I want to clarify something here when it comes to PEACE and JOY:
  - a. This is not a personality trait or an always bubbly happy thing
  - b. Jesus wept, **yet he was always filled with the Spirit and Joy/Peace**
  - c. Paul was annoyed and ousted a demon in the name of Jesus, yet he was at PEACE and filled with JOY.
4. PEACE and JOY from the filling of the Spirit is a state of the soul. It is not produced through circumstances and through self-talk. **It is a result of the hope and confidence for what God has in store for us** as believers in the Spirit.

5. Biblical peace comes from taking all of our anxieties to God in thankful prayer

a. Philemon 4:6:

**<sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.**

May the God of hope fill you with all JOY and PEACE as you trust in him

1. Trust in HIM: We Trust in the work of Christ for our salvation, we Trust in the Holy Spirit for our daily spirituality. We give thanks to the Father for all that He is and has done for us.
2. So, we know the answer is to Trust, to have Faith. Ask any of the kids at youth group (age 6 - 18) and they will tell you it is Faith in Christ and Trust the Holy Spirit.
3. But sometimes when things get tough, I find it difficult to Trust:  
How do I stay faithful?
  - a. Part of the answer is to know who He is through the study of His word.
  - b. It is really hard to trust someone we don't know.
  - c. Spending time in the word of God will show us over and over again the demonstrated faithfulness of God.
  - d. God often delivered his faithful servants from harm.
  - e. But there are times he did not deliver them from earthly harm, but he took them home to be with him and to enjoy the rewards of heaven.
4. We have to make a choice to trust God in our circumstances and that choice becomes easier and easier the more we know who this God of ours really is.
  - a. So, I shared a coaching story in the first class
  - b. The gist of the story is that one of the most dangerous phrases we can use is "I KNOW".
  - c. This is exactly why:
    - i. Every level of additional detail that we learn about Christ, the Holy Spirit and The Father, puts us in a position to understand and/or trust His Plan.

May the God of hope fill you with all JOY and PEACE as you Trust in him, so that you may overflow with **hope** by the power of the Holy Spirit.

1. We place our Faith in God resulting in being filled with all JOY and PEACE by our Father. This resulting JOY and PEACE allows us to have **hope** (confident expectations of good)
2. If our Faith is in ourselves, the result is stress
3. If our Faith is in the world, the result is depression (we all die)
4. If our Faith is in God, the result is salvation, PEACE, JOY, LOVE, KINDNESS, RESURRECTION, ETERNAL REWARDS, etc.
5. These results are immediate.
6. These results are our HOPE:
7. They may not manifest in a change in worldly circumstances, but that doesn't make them any less real.

a. Romans 8:24-25

<sup>24</sup> **For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have?**

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

May the God of hope fill you with all JOY and PEACE as you Trust in Him, so that you may overflow with hope by the power of the Holy Spirit.

1. The power of the Holy Spirit is the power of God!
2. We are indwelt with the Spirit upon believing in Christ as Savior
3. We tap into that power through trusting the Spirit to lead us in His will
4. He opens our minds to understand the truth of the scriptures.
5. The holiness of God manifests in us through the power of the Holy Spirit.
6. The Spirit allows us to pray according to His own will.
7. The filling of the Spirit allows the indwelling of Christ in our hearts
8. The filling of the Spirit produces in us the Fruit of the Spirit.

## Conclusion:

Even unbelievers know that hope is what keeps us alive. When I went through Survival School, the instructors told us the #1 cause of death for a POW was loss of **hope**. When they lost **hope**, they died.

Below is an adaptation from the book, *The Psychology of Hope* by [C.R. Snyder](#), a late and great pioneer in the field of positive psychology.

*Hope is the life force that keeps us going and gives us something to live for. Hope is a crucial part of dealing with life's problems and maintaining resilience in the face of obstacles. Even a glimmer of hope that our situation will turn around can keep us going.*

*Though, when we begin to lose hope, things can seem bleak. When we run into constant resistance and are prevented from reaching our goals we can start to feel like there is nothing to live for. If we can't get to where we want to be and don't feel in control of our life, what's the point?*

They are so right, but the problem is they don't understand what hope is:

The world's solution to nurturing hope:

## ***How to renew HOPE***

*In much of the research examining hope, a major factor that contributes to our level of hope is the [achievement of our goals](#). When we are able to reach our goals, and have a sense of support and validation it instills hope.*

*In this sense, empowering yourself by [setting effective goals](#) is the key. Here are a few tips to set and achieve your goals and bring more hope into your life.*

## **God's ANSWER:**

The God of Hope fills us with peace and joy when we are trusting in the Spirit so we may overflow with hope.

So, what is our **hope**? (confident expectations)

**The things we reviewed this morning in Romans:**

1. We worship a righteous/loving God:
2. We are unrighteous in ourselves
3. We are justified through His work not our work
4. When we believe, we are given the Righteousness of GOD.
5. We are given a new life in Christ: Royal Priests
6. Adoption as a child of God
7. The Sovereign Creator is faithful to His People
8. We have Eternal life in Heaven and demonstrated by the resurrection of Jesus Christ

So here is a question for you? Are any of these things you can see? NO!  
Hope that is seen is no hope at all... but it is the only hope.

So where do we go from here?

Isaiah 40:

<sup>28</sup>**Do you not know?**

**Have you not heard?**

**The LORD is the everlasting God,  
the Creator of the ends of the earth.**

**He will not grow tired or weary,  
and his understanding no one can fathom.**

<sup>29</sup>**He gives strength to the weary  
and increases the power of the weak.**

<sup>30</sup>**Even youths grow tired and weary,  
and young men stumble and fall;**

<sup>31</sup>**but 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.**

Pray, spend time in the word, trust in the Spirit,  
**Share this hope with the world.**