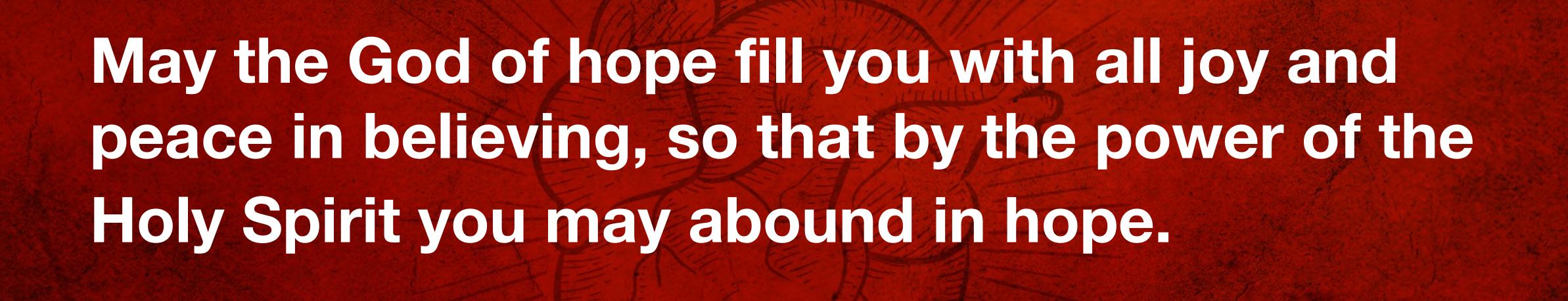


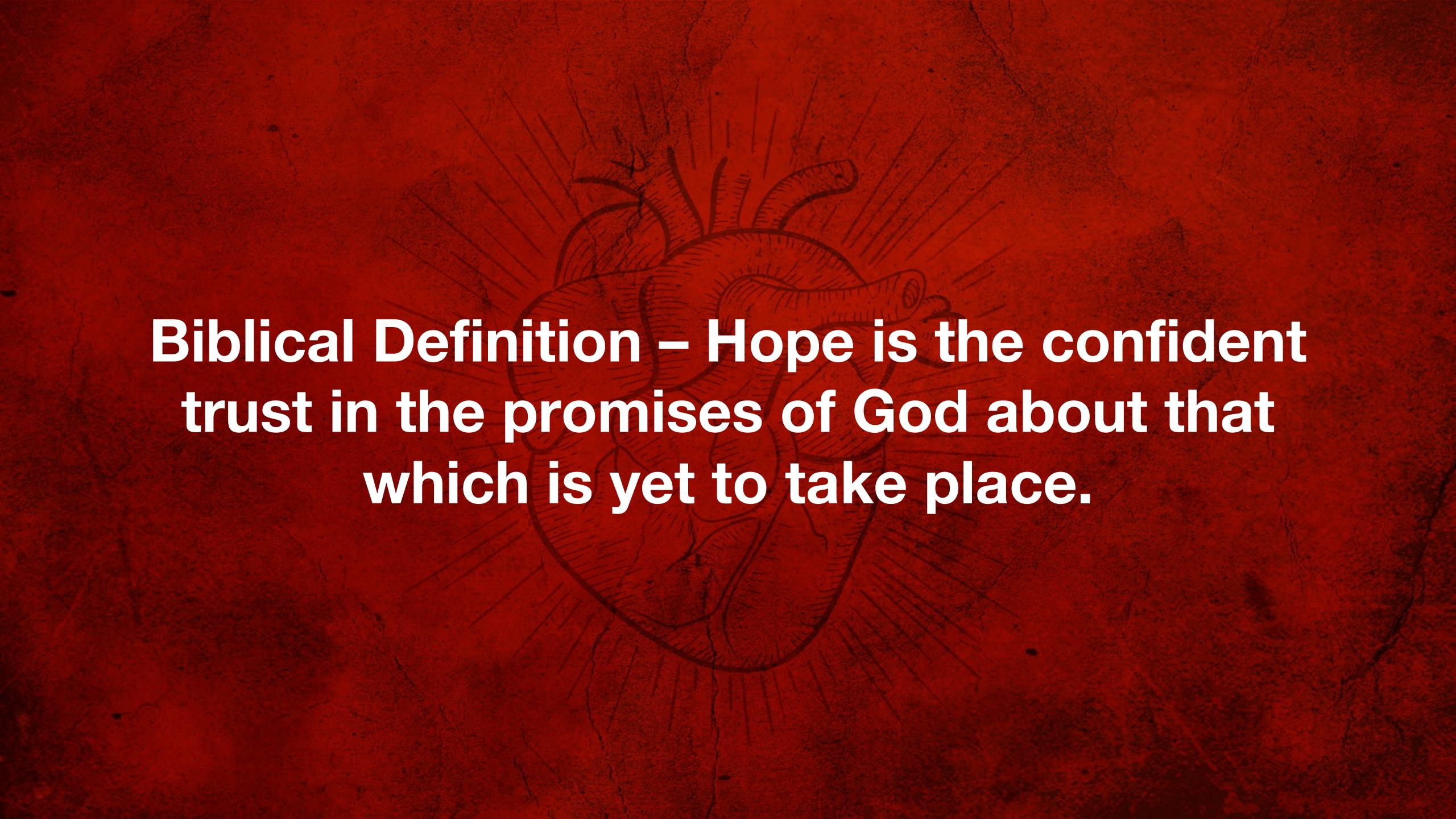
National Institutes
of Health



Romans 15:13 ESV

Hope – Noun – the feeling that what is wanted can be had or that events will turn out for the best

Hope – Verb – to look forward to with desire and reasonable confidence.



Now faith is the assurance of things hoped for, the conviction of things not seen.

Hebrews 11:1 ESV

Now faith is the certainty of things hoped for, a proof of things not seen.

Hebrews 11:1 NASB

Now faith is confidence in what we hope for and assurance about what we do not see.

Hebrews 11:1 NIV

Assurance – Hypostasis – a legal document to show the legal right to possess.

Conviction – Elenchos – realizing the truth based on proof.

For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.

Romans 15:4 ESV



For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself. Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead. He delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will deliver us again.

2 Corinthians 1:8-10 ESV



If you, O Lord, should mark iniquities, O Lord, who could stand? But with you there is forgiveness, that you may be feared.

Psalm 130:3-4 ESV

But the Lord takes pleasure in those who fear him, in those who hope in his steadfast love.

Psalm 147:11 ESV

The fear of the Lord is the beginning of knowledge...

Proverbs 1:7 ESV

Teach me your way, O Lord, that I may walk in your truth; unite my heart to fear your name.

Psalm 86:11 ESV

There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love. We love because he first loved us.

1 John 4:18-19 ESV

And I said: "Woe is me! For I am lost; for I am a man of unclean lips, and I dwell in the midst of a people of unclean lips; for my eyes have seen the King, the Lord of hosts!"

Isaiah 6:5 ESV



"Aslan is a lion-the Lion, the great Lion." "Ooh" said Susan. "I'd thought he was a man. Is he-quite safe? I shall feel rather nervous about meeting a lion"... "Safe?" said Mr. Beaver ... "Who said anything about safe? 'Course he isn't safe. But he's good. He's the King, I tell you."

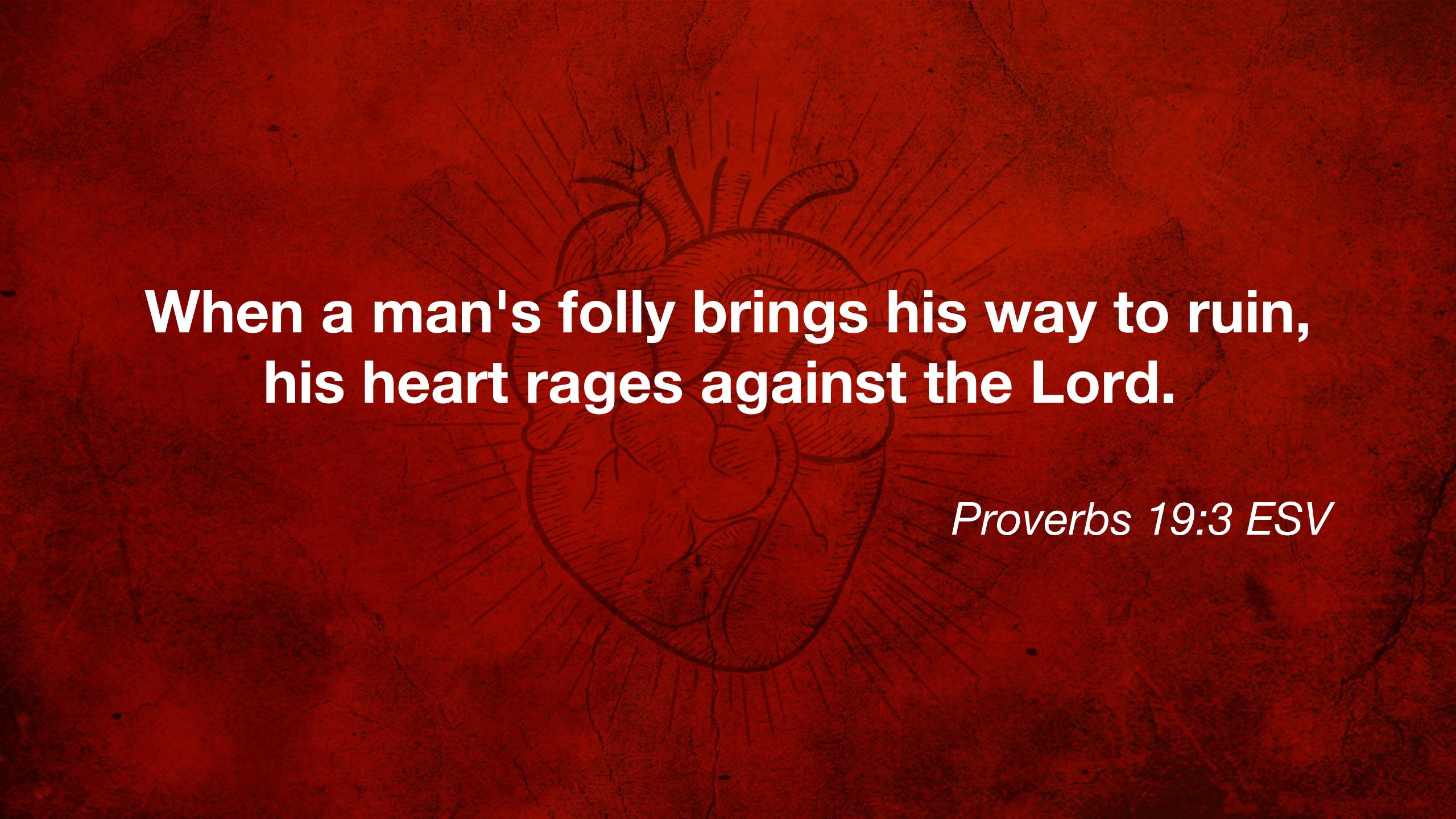
— C.S. Lewis: The Lion, the Witch and the Wardrobe



Mather Point view illuminated during a stormy sunset. NPS-M.Quinn



west of Manitou, Oklahoma on November 7, 2011. (Image credit: Chris Spannagle/NOAA)



Then the Lord answered Job out of the whirlwind and said: "Who is this that darkens counsel by words without knowledge? Dress for action like a man; I will question you, and you make it known to me. "Where were you when I laid the foundation of the earth? Tell me, if you have understanding. Who determined its measurements—surely you know!

Job 38:1-5 ESV



Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God.

Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

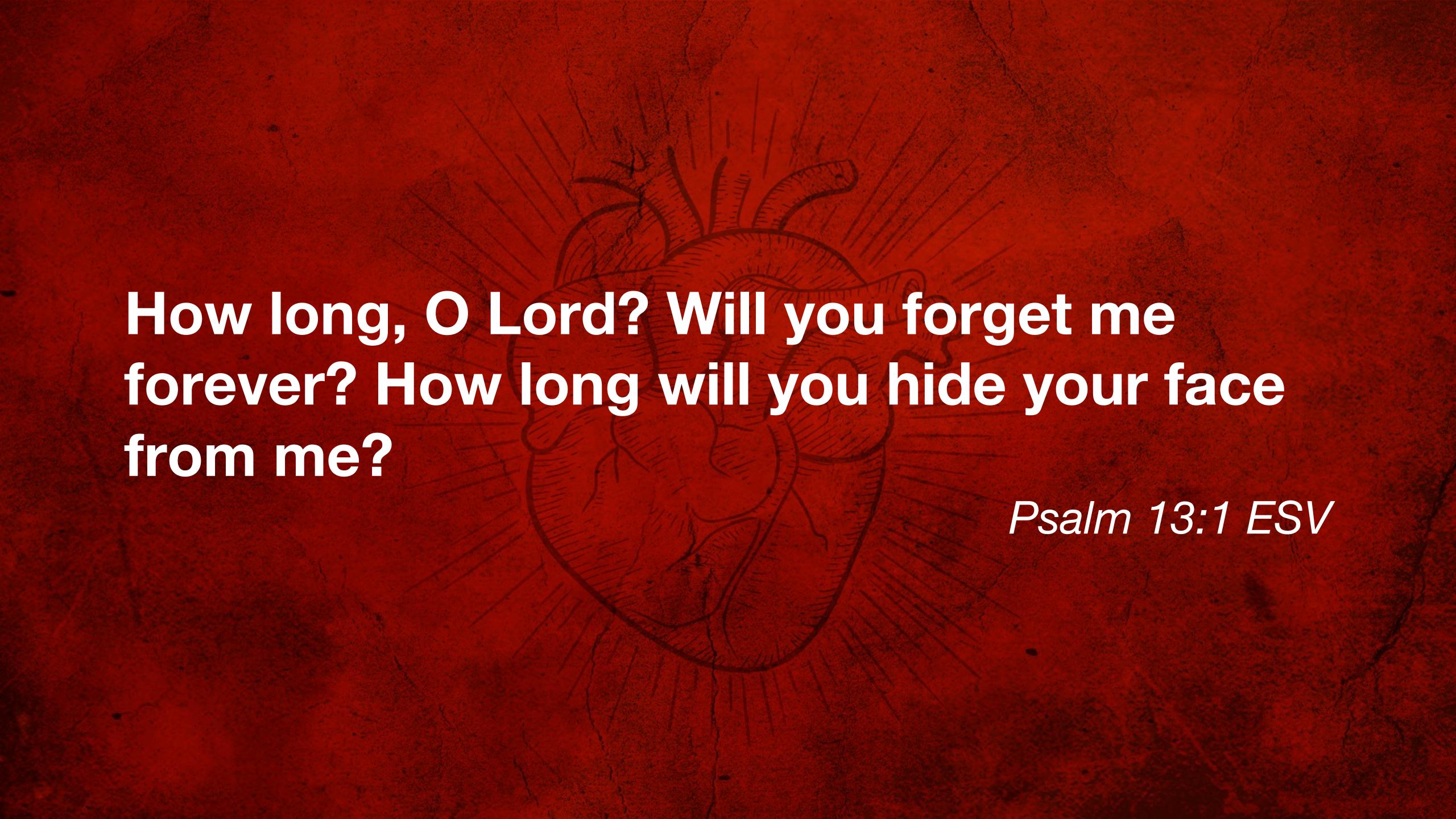
Romans 5:1-5 ESV

"We step into this world with a cry (birth)...
We don't stop crying after birth. It is because
the world is broken. While tears and sorry are
part of our humanity, there is an oftenneglected prayer language in the Bible for our
travels through a broken world: lament."

Pastor Mark Vroegop

4 Steps to Lamenting Well:

Turn to God
Bring Your Complaint
Ask Boldly for Help
Choose to Trust God

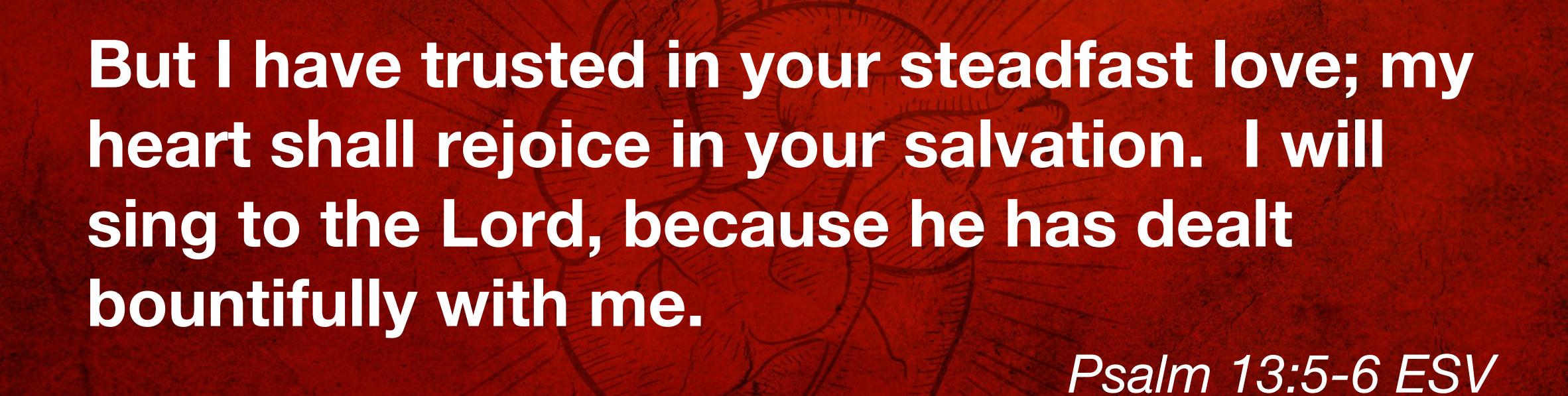




Psalm 13:2 ESV

Consider and answer me, O Lord my God; light up my eyes, lest I sleep the sleep of death, lest my enemy say, "I have prevailed over him," lest my foes rejoice because I am shaken.

Psalm 13:3-4 ESV



"Talking to God instead of getting sinfully angry or embittered requires biblical conviction... Laments turn toward God when sorrow tempts you to run from him... Laments interpret the world through a biblical lens... because we know the long arc of God's plan: creation, fall, redemption, and restoration."

Pastor Mark Vroegop

The Starting Point for biblical Hope is Embracing that:

The Need for Hope is Universal Hope Begins with Godly Fear Lament is the Road to Hope



2. Increase Your Holy Fear of God?

But the Lord takes pleasure in those who fear him, in those who hope in his steadfast love.

Psalm 147:11 ESV

3. Regularly Practice the Discipline of Lament

4 Steps to Lamenting Well:

Turn to God
Bring Your Complaint
Ask Boldly for Help
Choose to Trust God