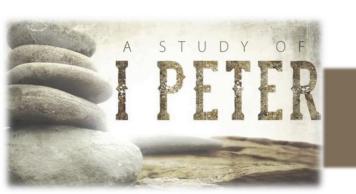
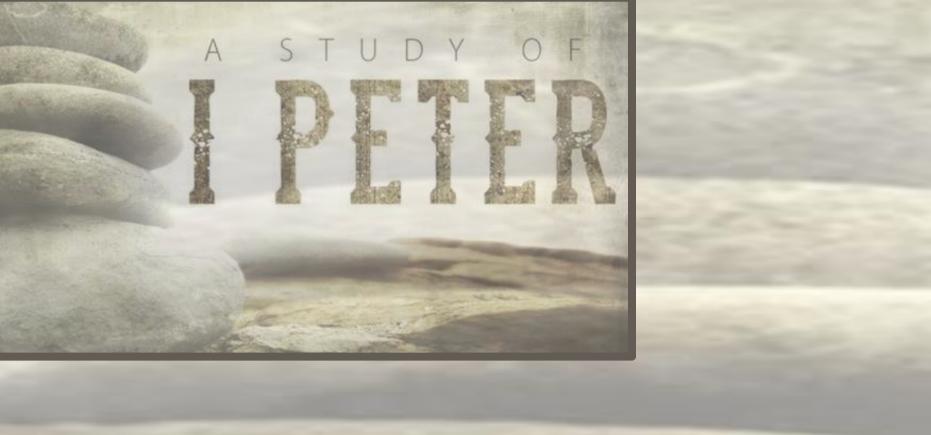


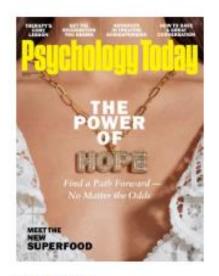
Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time.





\*Hope is a powerful word

Q Find a Therapist (City or Zip)



May 2023 The Power of Hope

See More

## The Power of Hope

The secret is focusing on what you can control.

By Psychology Today Contributors published May 2, 2023 - last reviewed on May 4, 2023

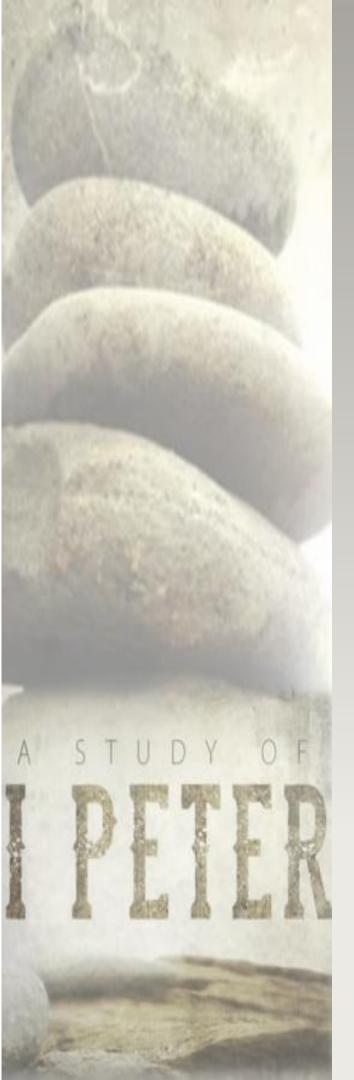










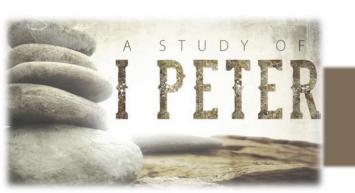


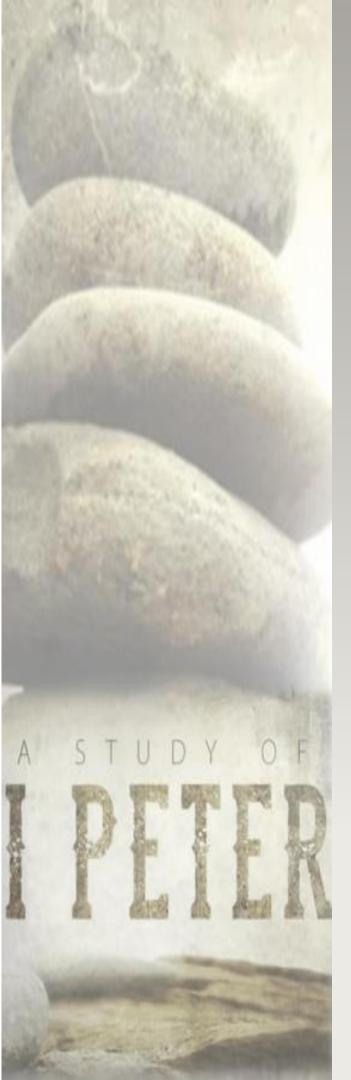
## Copilot definition of Hope

Hope is a feeling of expectation and desire for a certain thing to happen.

It involves looking forward to the future with optimism and confidence, believing that positive outcomes are possible despite challenges or uncertainties.

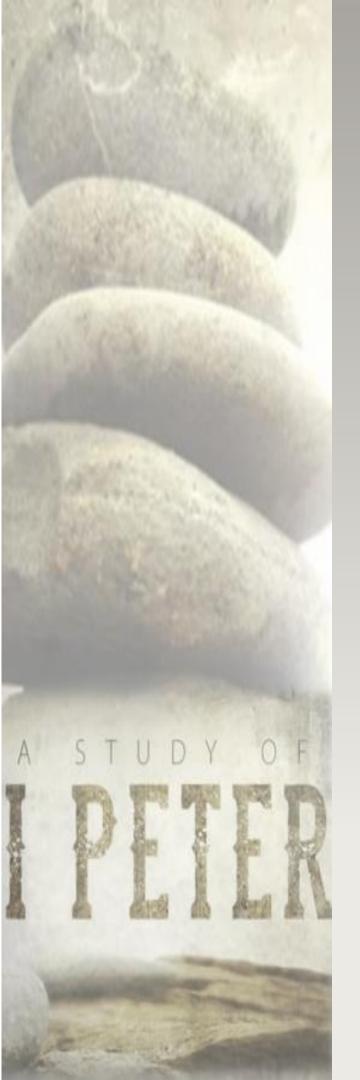
Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming.





## **Biblical Hope Defined**

A full assurance, or strong confidence that God is going to do good to us in the future

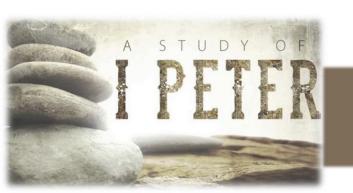


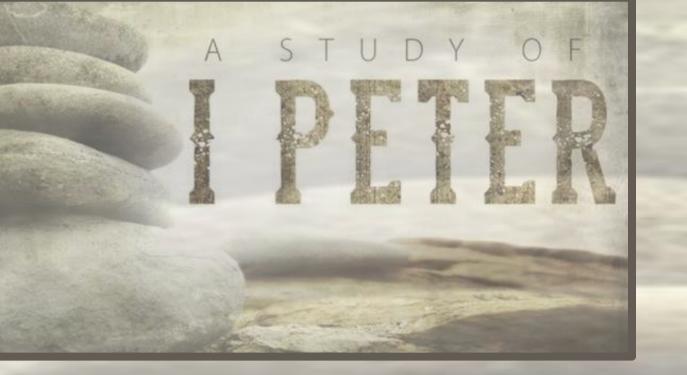
"Hope is called the anchor of the soul because it gives stability to the Christian life.

It is not simply a wish, but rather a certainty based on God's promises and the demonstration of His faithfulness in the history of Israel, the lives of the Apostles, and the person and work of Jesus Christ."

RC Sproul

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead,



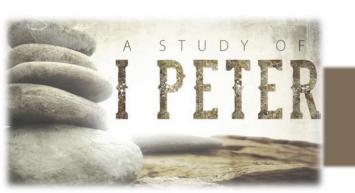


Hope is a powerful word

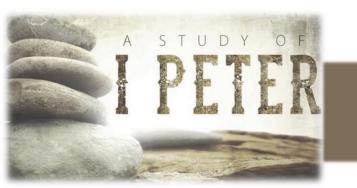
In Christ, I can experience a life filled with hope

He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.

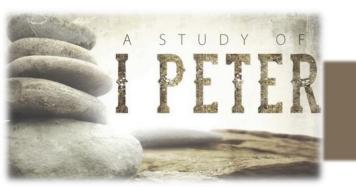
Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead,



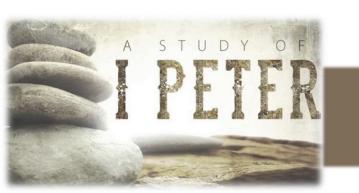
There is surely a future hope for you, and your hope will not be cut off.



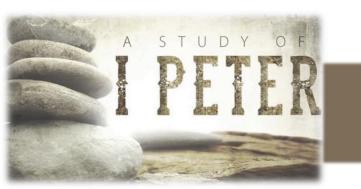
For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.



Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope.

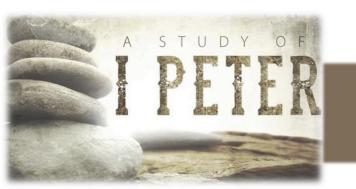


the faith and love that spring from the hope stored up for you in heaven and about which you have already heard in the true message of the gospel

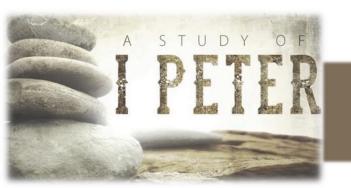


Praise be to the God and Father of our Lord Jesus Christ!

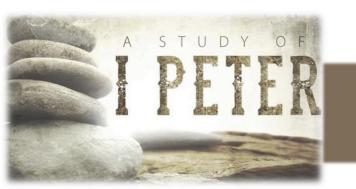
In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead,



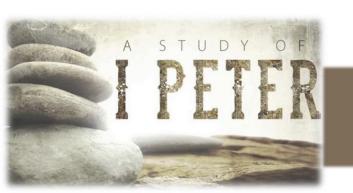
And through your faith, God is protecting you by his power until you receive this salvation, which is ready to be revealed on the last day for all to see.

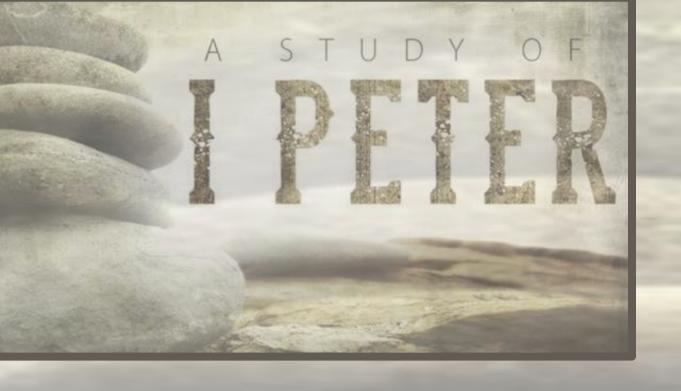


Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.



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.

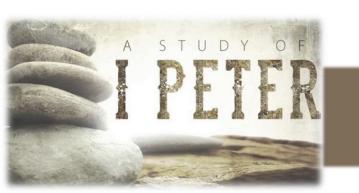




- Hope is a powerful word
- In Christ, I can experience a life filled with hope

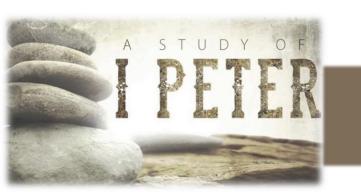
\*How do I get hope?

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead,

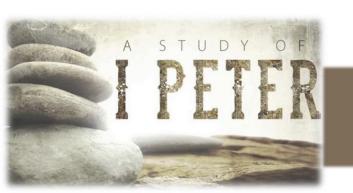


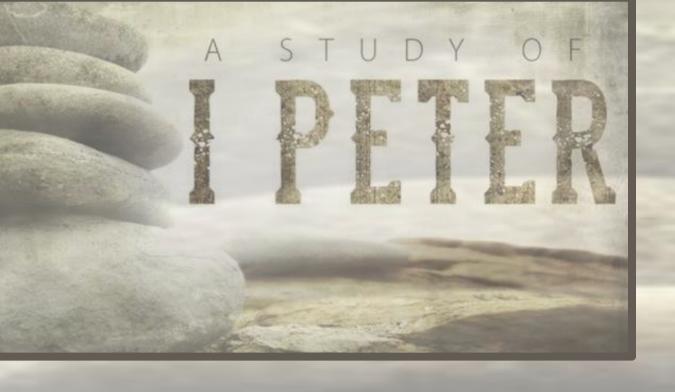
Jesus replied, "Very truly I tell you, no one can see the kingdom of God unless they are born again."

"How can someone be born when they are old?" Nicodemus asked. "Surely they cannot enter a second time into their mother's womb to be born!"



Jesus answered, "Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit.





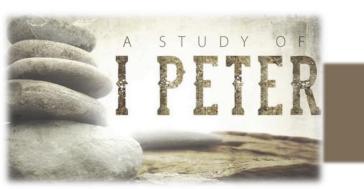
- Hope is a powerful word
- In Christ, I can experience a life filled with hope

How do I get hope?

\*What am I hoping for?

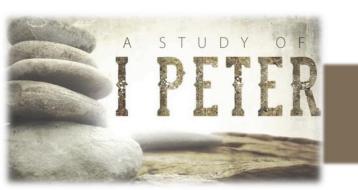
Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade.

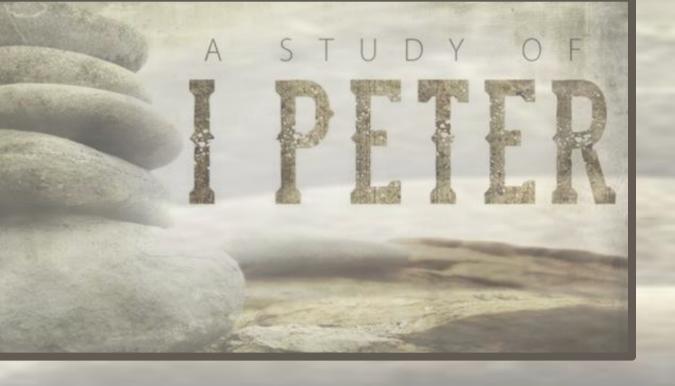
This inheritance is kept in heaven for you, who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time.



Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.



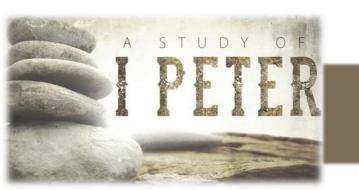


- Hope is a powerful word
- In Christ, I can experience a life filled with hope
- How do I get hope?
- What am I hoping for?

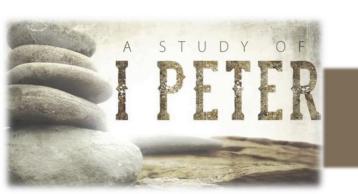
This hope carries me through life's difficulties

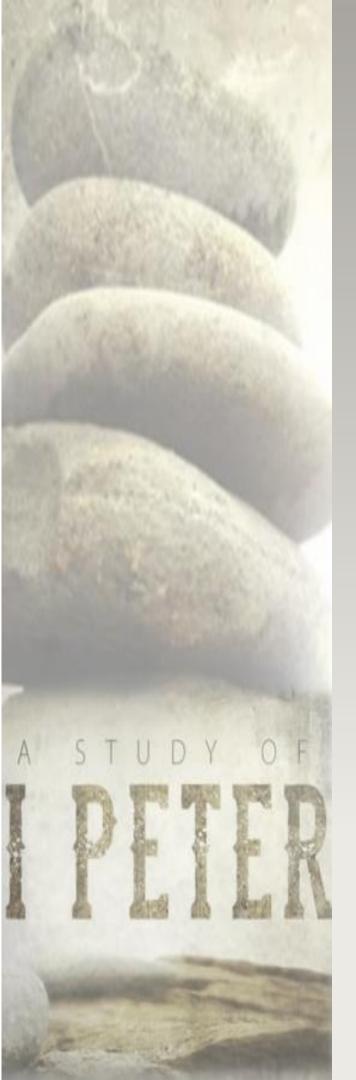
In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials.

These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed.



Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls.





Hope is a powerful word.

• In Christ, I can experience a life filled with hope.

How do I get hope?

What am I hoping for?

• This hope carries me through life's difficulties.

But in your hearts revere Christ as Lord.

Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have.

But do this with gentleness and respect,

