

# FINDING HOPE



# Congregational Assessment

Feb. 20th

# FINDING HOPE



Finding hope the for the \_\_\_\_\_ among us.

Finding hope the for the \_\_\_\_\_ among us.

*Anxious*

*Empty*

*Weary*

*Defeated*

Christians are not insulated from any of these life experiences.





"Emotional, psychological, and spiritual darkness is unsettling. We lose our anchor points and become disoriented, uncertain of which direction leads us forward. Worry and doubt cloud our thinking as fear and anxiety shadow our feelings. Uncertainty, dread, and despair replace the security, joy, and hope we once knew. Worst of all, we often feel powerless to escape our pain and wonder why God feels so far away."

-Rick Warren

“42% of Americans are wrestling with anxiety or depression” – *US Census Bureau, December 2020*

“America is the most anxious nation in the world.” – *US Census Bureau, December 2020*

Martha

Job

Jonah

Elijah

King David

Moses

Paul the Apostle

“You may have no outward cause  
whatever for sorrow and yet if the mind is  
dejected, the brightest sunshine will not  
relieve your gloom.”

– *Charles Spurgeon*

“The **righteous cry out**, and the LORD hears them;  
he delivers them from all their troubles.  
The LORD is close to the **brokenhearted**  
and saves those who are **crushed in spirit.**”

Ps. 34:17-18

Regarding anxiety:

There is a place for medicine, doctors, and counselors. These are gifts from God and should be sought when needed for health.

There are things in the physical and spiritual realms we can do to battle anxiety, and we must seek these for our health.

As humans we are multi-faceted with  
**body**, **soul** and **spirit** created in the image  
of God.

*Those who live according to the flesh [body and soul] have their minds set on what the flesh desires; but those who live in accord with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh [body and soul] is death, but the mind governed by the Spirit is **life** and **peace**.*

Romans 8:5–6

God is not silent or detached from our  
emotional and psychological experiences  
–this is our hope!

# Biblical Hope:

*To trust in, to wait for, to expect a better future.*

“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.”

Romans 15:3

Hope for the anxious

*angst* + *xious*

*“Do not be anxious about anything,”*

Phil. 4:6

*Don't let anything in life leave you  
perpetually breathless and uneasy.*

The occasional experience of anxiety is unavoidable, being permanently imprisoned by anxiety is optional.

Anxiety is an emotion not a sin, but it can lead to acts of sin.

So how do I find hope in  
an anxious world?

Think about what you  
think about.

Have your thoughts rest  
in God's Sovereignty

When you rest in God's sovereignty  
you are able to see a little clearer his  
present activity.

*“You will keep in perfect peace  
those whose minds are steadfast,  
because they trust in you.”*

*Isa. 26:3*

*In the year that King Uzziah died, I saw the Lord, high and exalted, seated on a throne; and the train of his robe filled the temple...*

*And they were calling to one another:  
“Holy, holy, holy is the LORD Almighty;  
the whole earth is full of his glory.”*

*Isa. 6: 1-3*

*“Yet I call this to mind, and therefore I have hope: Because of the Lord’s faithful love we do not perish, for his mercies never end.”*

*Lamentations 3: 21*

Have your thoughts rest  
in God's Mercy.



A harsh consequence of the guilt  
- Anxiety.

Paul the Apostle gave his guilt  
and anxiety to Jesus-**and you**  
**can too.**

"A happy saint is one who is at the same time aware of the severity of sin and the immensity of grace. Sin is not diminished, nor is God's ability to forgive it. The saint dwells in grace, not guilt."

-M.L. Jones

Be part of a gospel community  
that allows vulnerability.

The righteous cry out, and **the LORD hears them;**  
**he delivers them from all their troubles.**

The LORD is close to the brokenhearted  
and saves those who are crushed in spirit.

Ps. 34:17-18