

Matthew 5:3

“BLESSED ARE THEY THAT MOURN:

for they shall be comforted.”

Proverbs 18:14, “The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?”

Where To Get Hope When Change Seems Hopeless

1. Remember God Is With Me

Job 8:13-14, “So are the paths of all that forget God; and the hypocrite's hope shall perish: Whose hope shall be cut off,”

Psalms 94:19, “In the multitude of my thoughts within me thy comforts delight my soul.”

2. Remember He Cares About Me

Lamentations 3:21-23, “This I recall to my mind, therefore have I hope. It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.”

Psalms 103:13-14, “Like as a father pitieth his children, so the LORD pitieth them that fear him. For he knoweth our frame; he remembereth that we are dust.”

Romans 5:8, “But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.”

3. Remember He Knows My Situation

Psalms 56:8, “Thou tellest my wanderings: put thou my tears into thy bottle: are they not in thy book?”

Psalms 31:7, “I will be glad and rejoice in thy mercy: for thou hast considered my trouble; thou hast known my soul in adversities;”

4. Remember He Has Power I Do Not Have

Luke 18:27, “And he said, The things which are impossible with men are possible with God.”

Romans 4:18, “Who against hope believed in hope, that he might become the father of many nations, according to that which was spoken, So shall thy seed be.”

Philippians 2:13, “For it is God which worketh in you both to will and to do of his good pleasure.”

5. Remember He's Promised To Help

Psalms 119:81, “My soul fainteth for thy salvation: but I hope in thy word.”

Hebrews 6:18, “That by two immutable things, in which it was impossible for God to lie, we might have a strong consolation, who have fled for refuge to lay hold upon the hope set before us:”

STEP 2

Earnestly believe that God exists; that I matter to Him, and that He has the power to help me recover.

2 Timothy 1:7, “For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”