

A Future and a Hope

Jeremiah 29:11 (NKJV) 11For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.

"...who have fled for refuge to lay hold upon the hope set before us: which hope we have as an anchor of the soul, both sure and stedfast..." (Heb. 6:18b-19a)

- 1) Need for hope.
- 2) Hope and psychology.
 - a) Dr. Barbara L. Fredrickson, Principal Investigator of the Positive Emotions and Psychophysiology Lab and Professor at the University of North Carolina, Chapel Hill,[5] argues that hope "...comes into play when our circumstances are dire", when "things are not going well or at least there's considerable uncertainty about how things will turn out". She states that "[h]ope literally opens us up...[and] removes the blinders of fear and despair and allows us to see the big picture [, thus allowing us to] become creative" and have "[b]elief in [a] better future".[6]
 - b) "Psychologist, C.R. Snyder and his colleagues say that hope is cultivated when we have a goal in mind, determination that a goal can be reached, and a plan on how to reach those goals".[7] Hopeful people are "like the little engine that could, [because] they keep telling themselves "I think I can, I think I can".[8]
- 3) Hope vs. Optimism
 - a) The difference between hope and optimism: hope entails pathways and thoughts to an intended goal.
 - b) Optimism leads one to "expect the best, but it does not necessarily provide any critical thinking about how we are going to arrive at this improved future".[21]
- 4) Hope and religion.
 - a) "In many traditional Christian texts, the word is an indication of certainty and a positive expectation of future reward.
 - b) "Hope" in the Holy Bible means "a strong and confident expectation."
 - c) According to the Holman Bible Dictionary, hope is a "[t]rustful expectation, particularly with reference to the fulfillment of God's promises. Hope, is the anticipation of a favorable outcome under God's guidance[;]... the confidence that what God has done for us in the past guarantees our participation in what God will do in the future.[28]
- 5) Romans 8:22-25. 22For we know that the whole creation groans and labors with birth pangs together until now. 23Not only that, but we also who have the firstfruits of the Spirit, even we ourselves groan within ourselves, eagerly waiting for the adoption, the redemption of our body. 24For we were saved in this hope, but hope that is seen is not hope; for why

does one still hope for what he sees? 25But if we hope for what we do not see, we eagerly wait for it with perseverance.

- 6) NEED FOR ANCHOR IN TROUBLED WATERS.
 - a) IN TROUBLED WATERS, HOPE BECOMES AN ANCHOR OF THE SOUL.
 - b) *"Wherein God, willing more abundantly to shew unto the heirs of promise the immutability of his counsel, confirmed it by an oath: 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: which hope we have as an anchor of the soul, both sure and steadfast, and which entereth into that within the veil."* (Heb. 6:17-19).
 - c) anchor - any device that holds something else secure; anything that gives or seems to give stability or security; to keep from drifting.
 - i) An anchor keeps you from wandering or drifting out to sea.
 - ii) Keeps you in the right port.
 - iii) Offers surety, steadfastness, refuge.

- 7) What is hope?
 - a) Purpose; goal; vision; something expected.
 - b) Hope is yet futuristic; not yet seen.

- 8) We are not as those who have no hope.
 - a) Hope is believing things can be better; faith believes things will be better.
 - b) Hope is looking on the brighter side, which takes faith.
 - c) If hope is found anywhere, it should be found in our churches.
 - i) If there is one place you should find settledness and certainty, it should be in the churches, which should be a reflection of the kingdom of God.
 - ii) Should be able to find optimism; uplifting; encouragement; will to go on; a vision for the future.
 - iii) Unfortunately, too many churches have a dim hope for the future.

- 9) Rom 15:13. 3Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.

- 10) 1 Cor. 15:19If in this life only we have hope in Christ, we are of all men most miserable.

- 11) FAITH.
 - a) *"Now faith is the substance of things hoped for, the evidence of things not seen."* (Heb. 11:1).
 - b) *"But without faith it is impossible to please him: for he that cometh to God*
 - c) Must believe that he is, and
 - d) That he is rewarder of them that diligently seek him.
 - e) *"Cast not away therefore your confidence, which hath great recompence of reward."* (Heb. 10:35).

- f) *"For ye have need of patience, that, after ye have done the will of God, ye might receive the promise." (Heb. 10:36).*
- g) *"And we desire that every one of you do shew the same diligence to the full assurance of hope unto the end: that ye be not slothful, but followers of them who through faith and patience inherit the promises. For when God made promise to Abraham, because he could swear by no greater, he sware by himself. Saying, Surely blessing I will bless thee, and multiplying I will multiply thee. And so, after he had patiently endured, he obtained the promise." (Heb. 6:11-15).*