

# “Hope for the Holidays”

Greg Wendschlag December 1, 2019

Bible-First Lifestyle reading: 1 Thess.; Joel; Micah; Ps. 147-150; Is. 40-41

*“Those who hope in the Lord will renew their strength...” Is. 40:31*

## What is hope?

Hope: A feeling of **wanting** something to happen and the expectation that it will happen.

Despair: The complete **loss or absence** of hope.

*“Why do you say, O Jacob, and complain, O Israel, “My way is hidden from the Lord; my cause is disregarded by my God”?” Is. 40:27*

## Hope in God is the secret to the soul’s renewed energy

1. Hope **begins** with **knowledge**.

*“Do you no know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and His understanding no one can fathom.” Is. 40:28*

- Take time daily to really look at the creation and really meditate on the nature of God.
- What do you KNOW about God that gives you hope?

2. Hope **grows** through **experience**.

*“He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall...” Is. 40:29-30*

- We all get tired, weary and fail. Remember to fail forward!
- What “God-experiences” have you had to cause your hope to grow?

3. Hope **empowers**, not in the absence of problems, but in the **presence** of God.

*“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” Is. 40:31*

- To expect without seeking is presumption.

- To seek without expecting is unbelief.
- To seek expectantly is living by faith.
- Have you put your hope in the Lord? What can you expect from God when you do?

4. Practice the discipline of **praise**. Praise **activates** hope.

*“How good it is to sing praises to our God, how pleasant and fitting to praise Him...His pleasure is not in the strength of the horse, nor His delight in the legs of a man the Lord delights in those who fear Him, who put their hope in His unfailing love.” Ps. 147:1,10-11*

- Rejoice with praise in the Lord our God! Wait and watch as your strength is renewed!