

LOVE

OVERCOMING HOPELESSNESS

Love Is Always Hopeful - Pastor Evans

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WHAT IS HOPE?

To hope is to anticipate with pleasure. Hope is to imagine a positive outcome. Hope is the strength to live. It gives you something to look forward to.

THE POWER OF HOPE

1. Hope helps you structure your life in anticipation of the future
2. Hope influences how you feel in the present.

Hope creates a positive mood about an expectation, a goal, or a future situation. Such mental time travel influences your state of mind and alters your behavior in the present. The positive feelings you experience as you look ahead, imagining hopefully what might happen, what you will attain, or who you are going to be, can alter how you currently view yourself. Along with hope comes your prediction that you will be happy, and this can have behavioral consequences.

3. Hope shapes how you handle challenges

The way in which a hopeful person handles disappointment differs from those who are not. Even if the present is unpleasant, the thought of a positive future can be stress-buffering and can reduce the impact of negative events or disappointment. Being unrelentingly optimistic about the future helps you to recognize that you are adaptable and capable, enabling you to reassure yourself that you will get through a tough time. Having a powerful hope that you will adapt also provides a limitlessly positive version of the future. Those who are hopeful and optimistic can make excuses for negative outcomes, while the pessimist may become resentful or negatively preoccupied.

WE ARE BORN WITH A DESIRE TO

1. BELONG / BE ATTACHED – Where we are loved unconditionally
2. BECOME / BE POTENT – The ability and belief to author the story of their lives.
3. BE AND STAY ALIVE – We are born with a desire to live. Thought of dying only comes when life spells doom and gloom.

WE LOSE HOPE WHEN...

1. We feel alienated. When we feel as if we have been cut loose, no longer deemed worthy of love, care, or support. The alienated tend to close themselves off, fearing further pain and rejection.
2. We feel forsaken. When we experience abandonment leaving us feeling alone in a time of greatest need.
4. When we feel incapable of navigating our way toward desired goals, when we feel of powerless, helpless, ineffective, useless, defenseless, vulnerable;

3. When we feel like a failure. We feel we are deficient, lacking in the right stuff to make it in the world.
4. When we feel oppressed. Oppression involves the subjugation of a person, group or a situation. The word "oppressed" comes from Latin, to "press down," and its synonym, "down-trodden," suggests a sense of being "crushed under" or "flattened."
5. When we feel doomed. We presume that life is over... that death is eminent.

HOW TO BE HOPEFUL... ALWAYS

1. Live for God and the ones you love. Don't lose sight of where you are headed
 - a. 2 Corinthians 4:8-12 (MSG)
 - b. Hebrews 12:2-3 (MSG)
 - c. 2 Timothy 4: The Message (MSG)