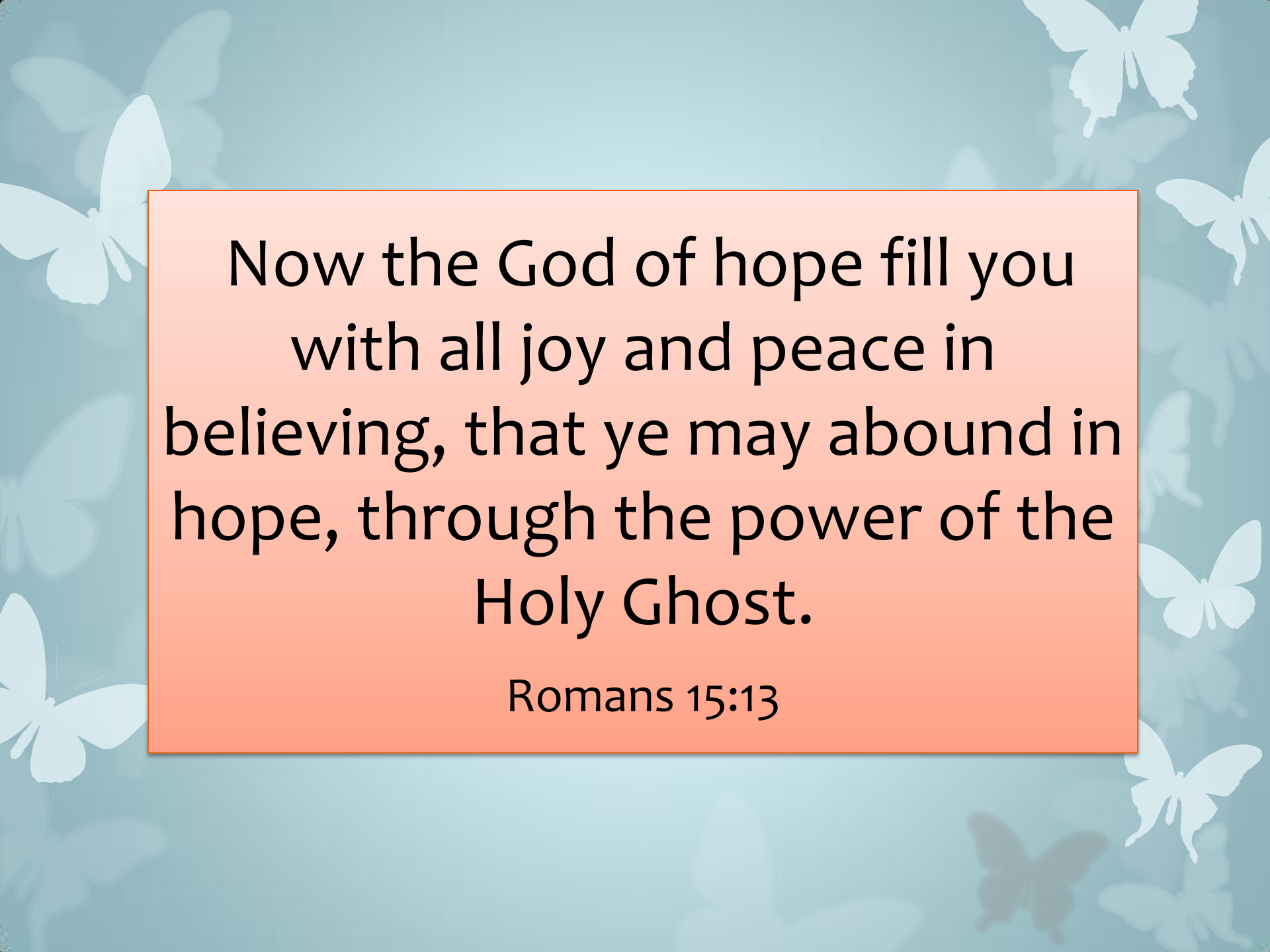




HOPE

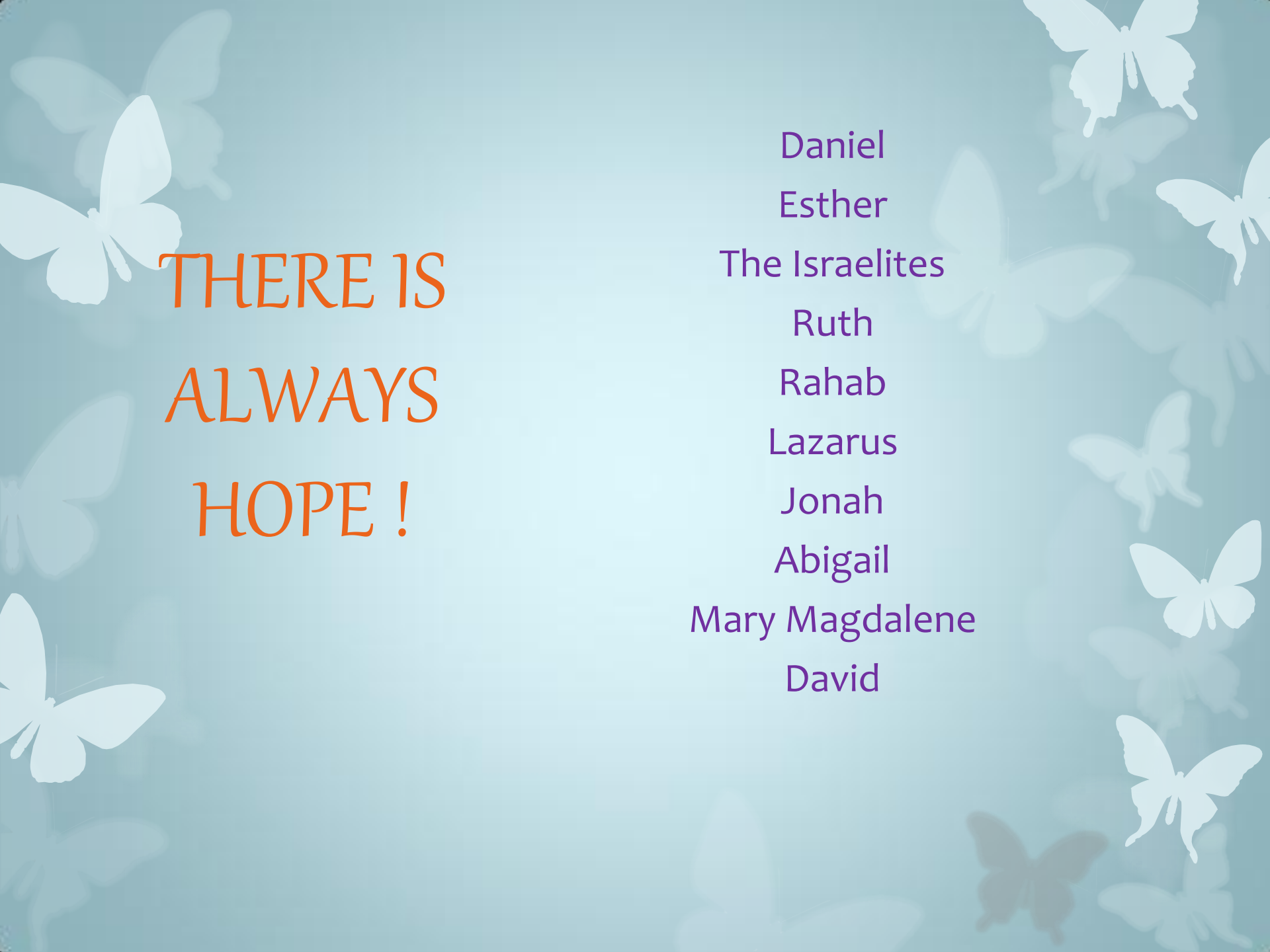
vs

HOPELESS



Now the God of hope fill you
with all joy and peace in
believing, that ye may abound in
hope, through the power of the
Holy Ghost.

Romans 15:13

The background is a light blue gradient with several white butterfly silhouettes scattered across it. The text is centered on the left side.

THERE IS
ALWAYS
HOPE !

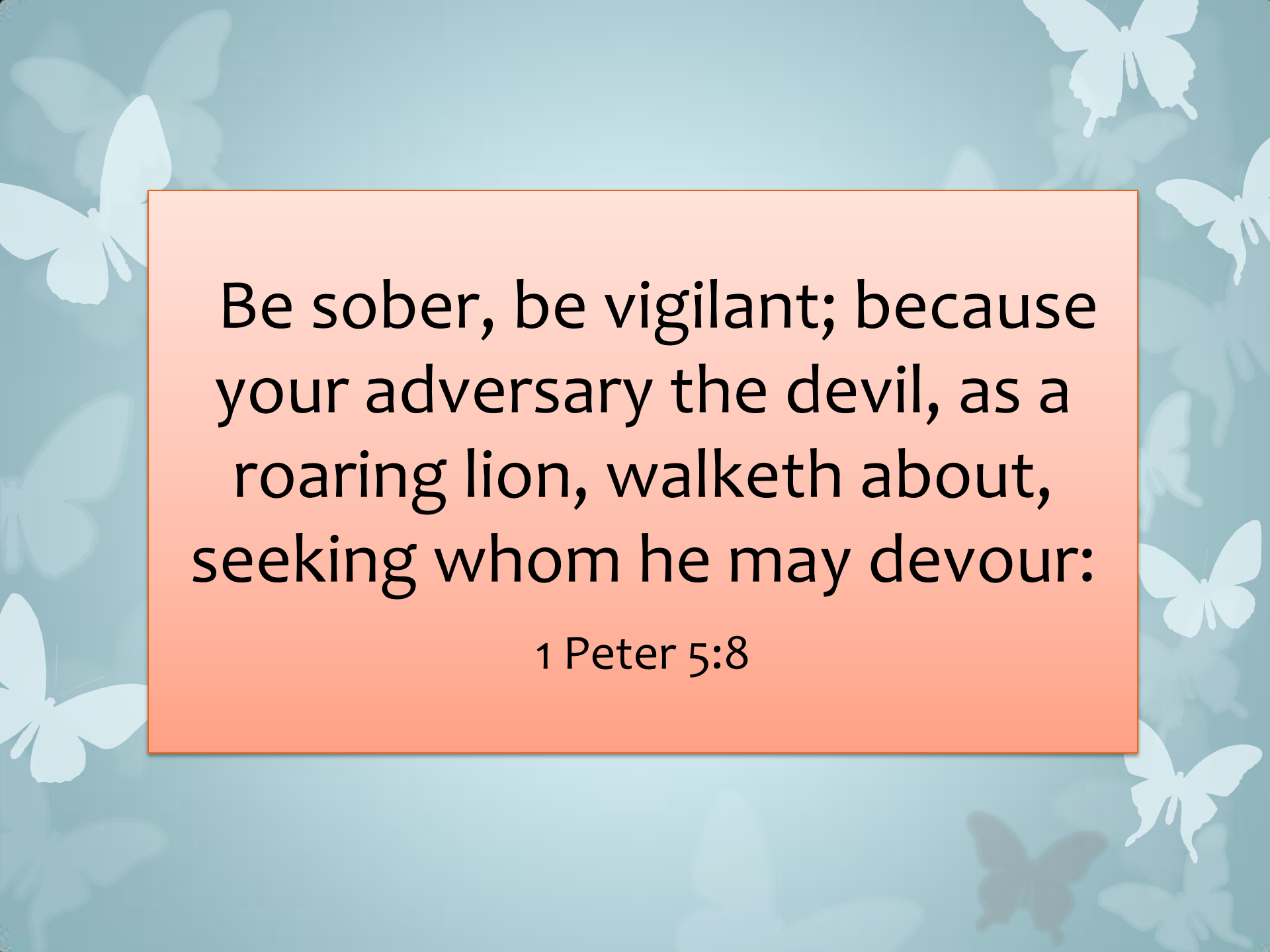
Daniel
Esther
The Israelites
Ruth
Rahab
Lazarus
Jonah
Abigail
Mary Magdalene
David

Reasons for the Study

- Foundations must be laid before trials.
- Satan's method is to destroy hope.
- Peaceful days are for preparation.
- You can teach your children hope.
- Hopeless wives destroy marriages.

Reasons for the Study (2)

- Women are easy prey.
- Hollywood sells hopelessness.
- Recognize the temptation.
- We need to give our youth hope.
- Painful does not mean hopeless.
- Your life is not unusual or unique.



Be sober, be vigilant; because
your adversary the devil, as a
roaring lion, walketh about,
seeking whom he may devour:

1 Peter 5:8

Have you ever asked these questions ?

- Is this all there is to life?
- Can I do this hard thing?
- Can I make it through this day?
- Does anyone understand what I'm going through?
- Why do I feel empty?
- Why is my life harder than others?

Can you answer these questions ?

- How can I give God more glory in my life?
- Am I giving God my best?
- Do I have an arsenal prepared for attacks?
- Do I give hope to others?
- Am I consistently hope filled?
- Am I walking by faith or sight?

hope·less: adjective

1. Feeling of despair about something.

Synonyms: despairing, desperate, wretched, forlorn, pessimistic, resigned, empty, lonely, sad, depressed, overwhelmed.

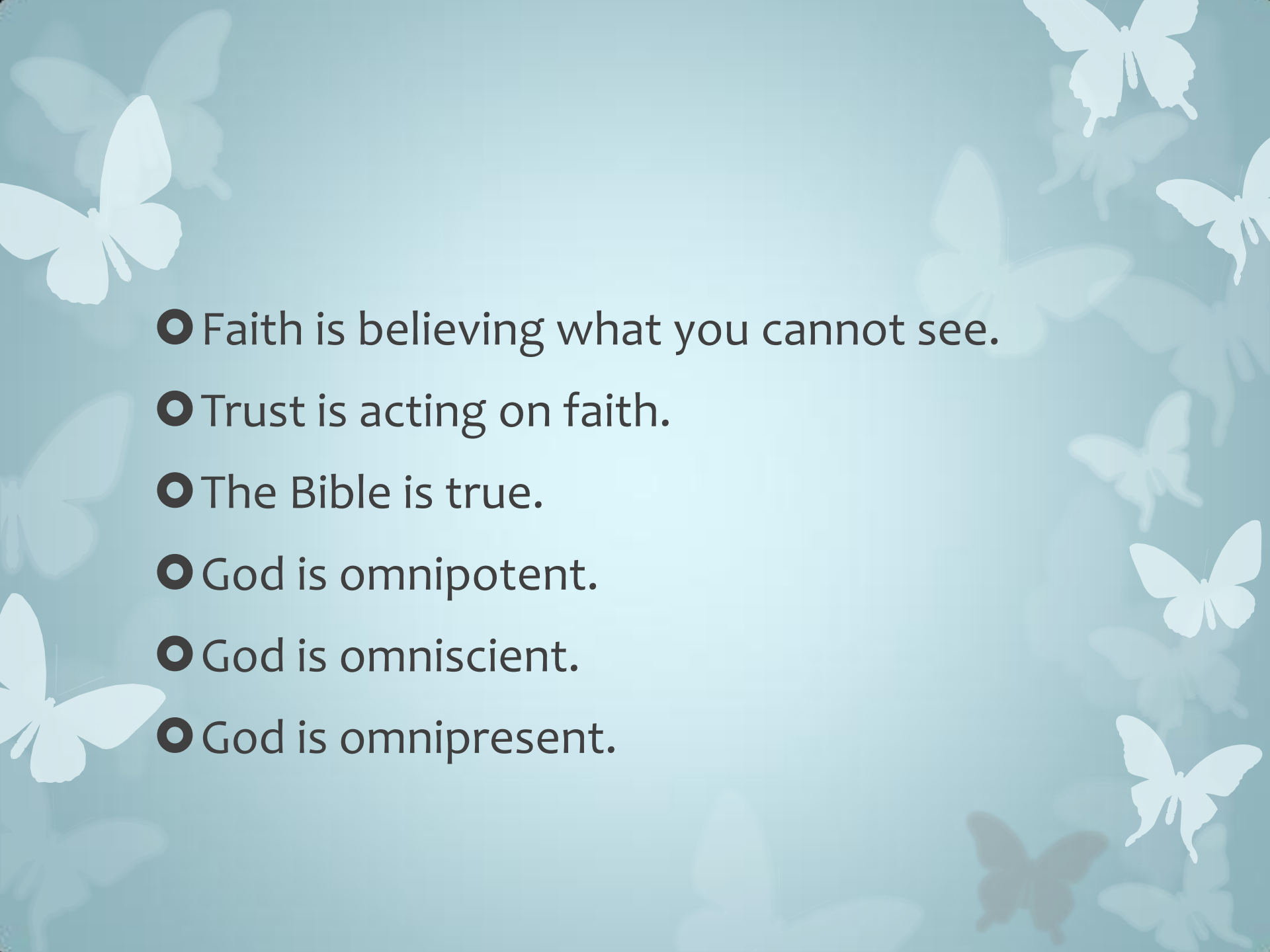
2. Inadequate; incompetent.

Synonyms: bad, awful, terrible, dreadful, horrible, atrocious, depleted, exhausted.

hope·ful: adjective

1. Feeling of optimism about a future event.

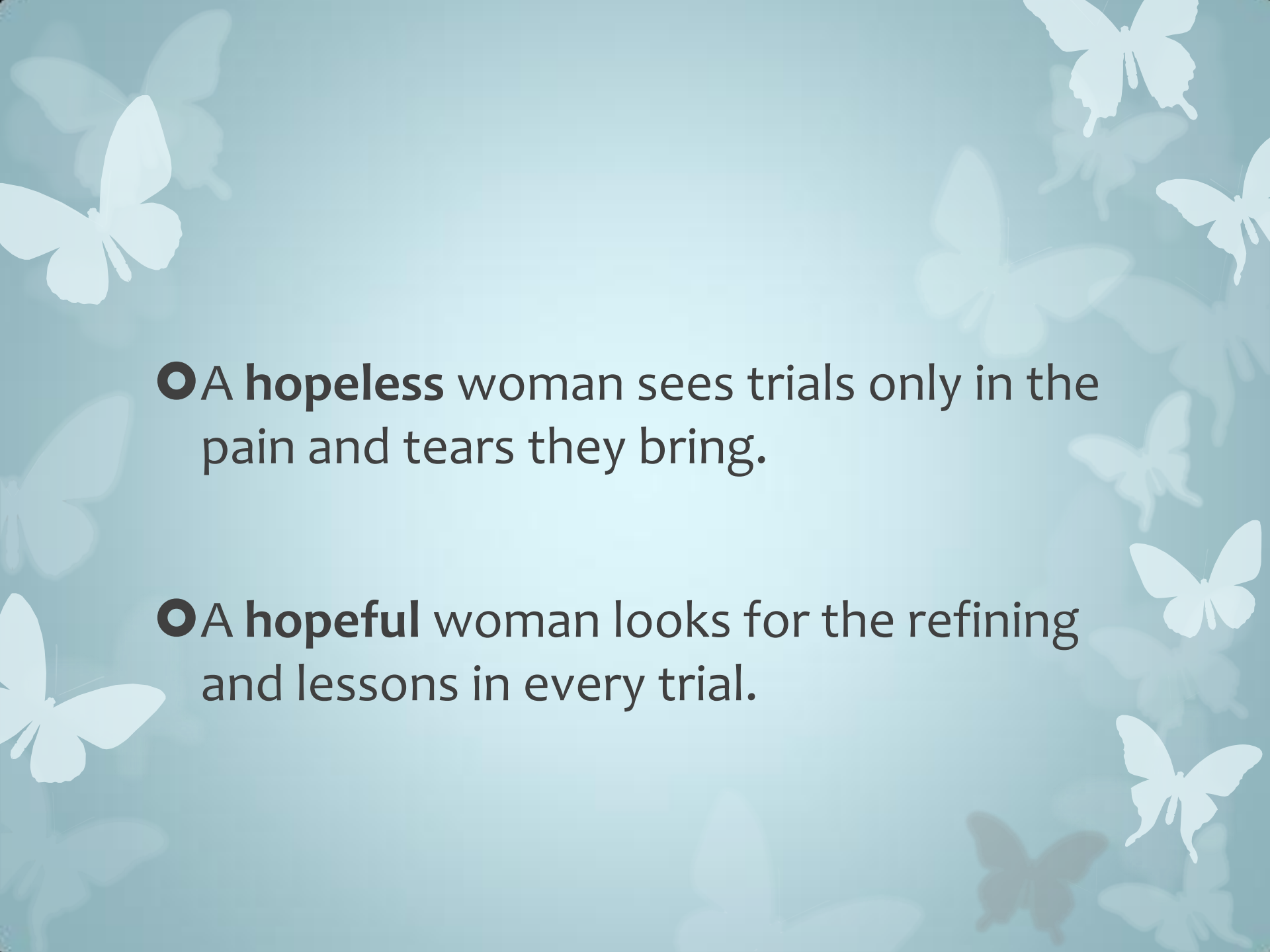
Synonyms: optimistic, full of hope, confident, positive, buoyant, sanguine, expectant, happy, cheerful, lighthearted, upbeat, promising, encouraging, heartening, inspiring, reassuring, enthusiastic, favorable, optimistic, bright, joyful, exuberant.

- 
- Faith is believing what you cannot see.
 - Trust is acting on faith.
 - The Bible is true.
 - God is omnipotent.
 - God is omniscient.
 - God is omnipresent.



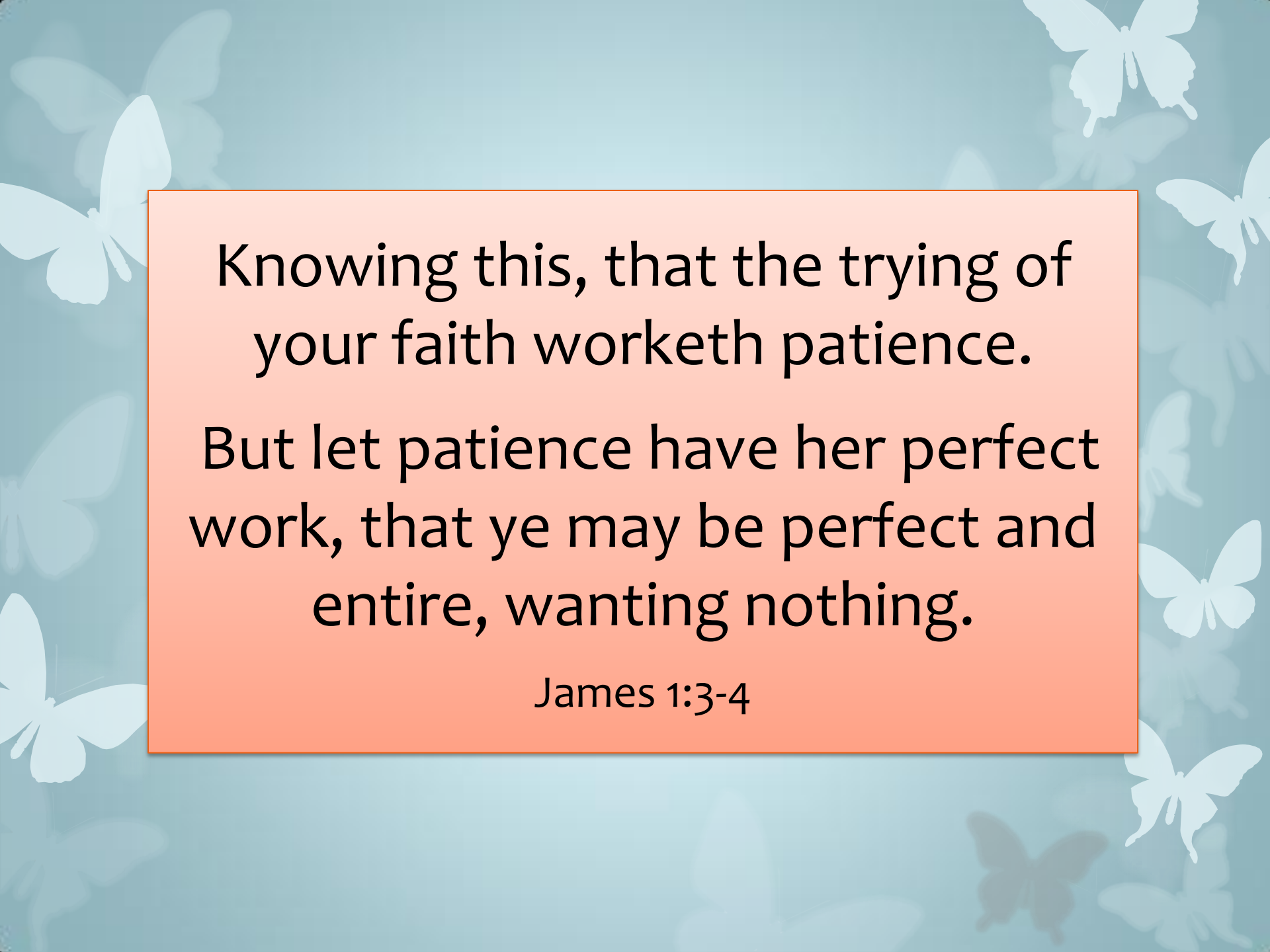
HOPEFUL

HOPELESS

The background is a light teal color with several white butterfly silhouettes scattered across it. The butterflies are in various positions, some larger and more prominent than others, creating a decorative and serene atmosphere.

● A **hopeless** woman sees trials only in the pain and tears they bring.

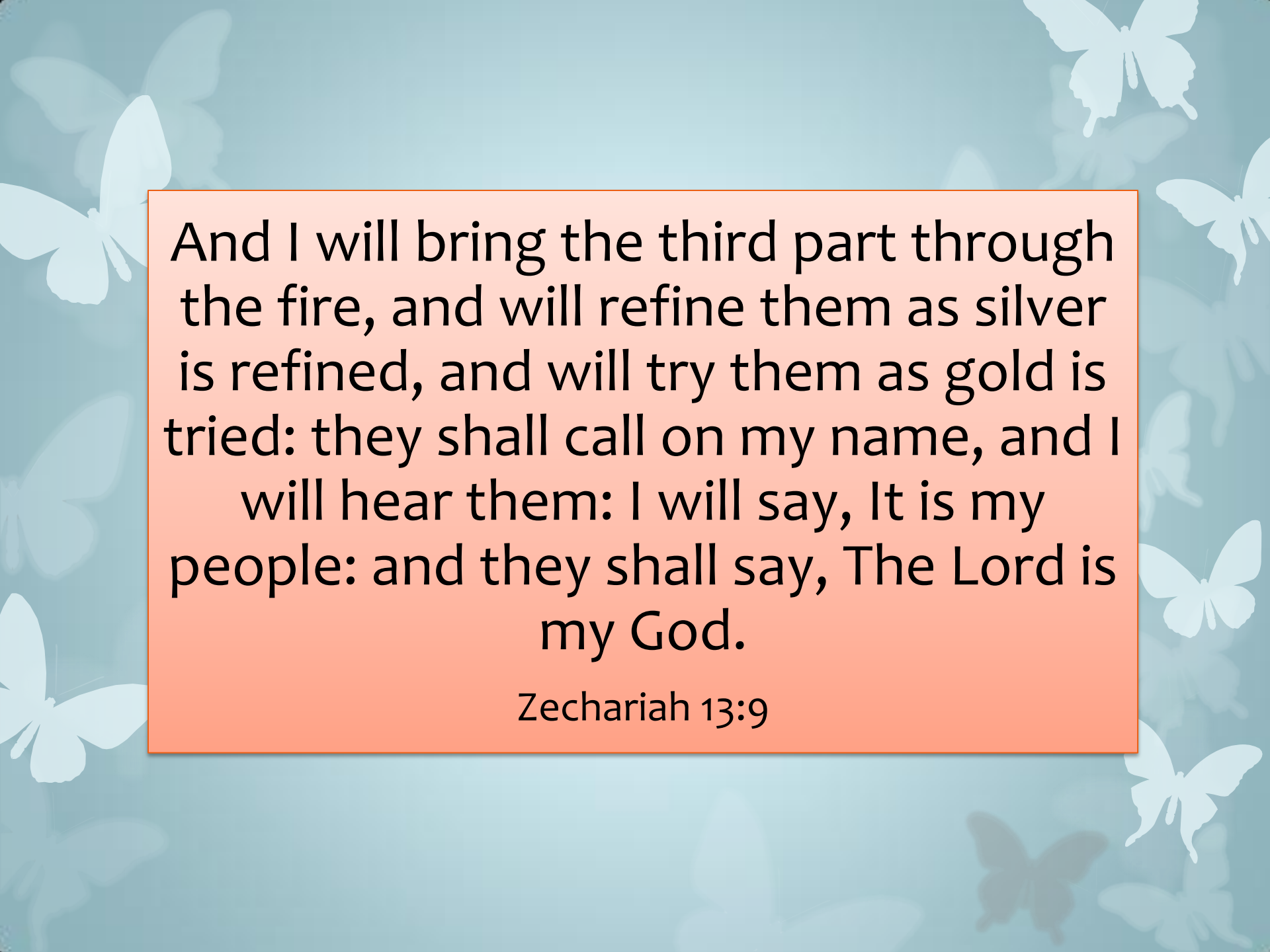
● A **hopeful** woman looks for the refining and lessons in every trial.



Knowing this, that the trying of
your faith worketh patience.

But let patience have her perfect
work, that ye may be perfect and
entire, wanting nothing.

James 1:3-4



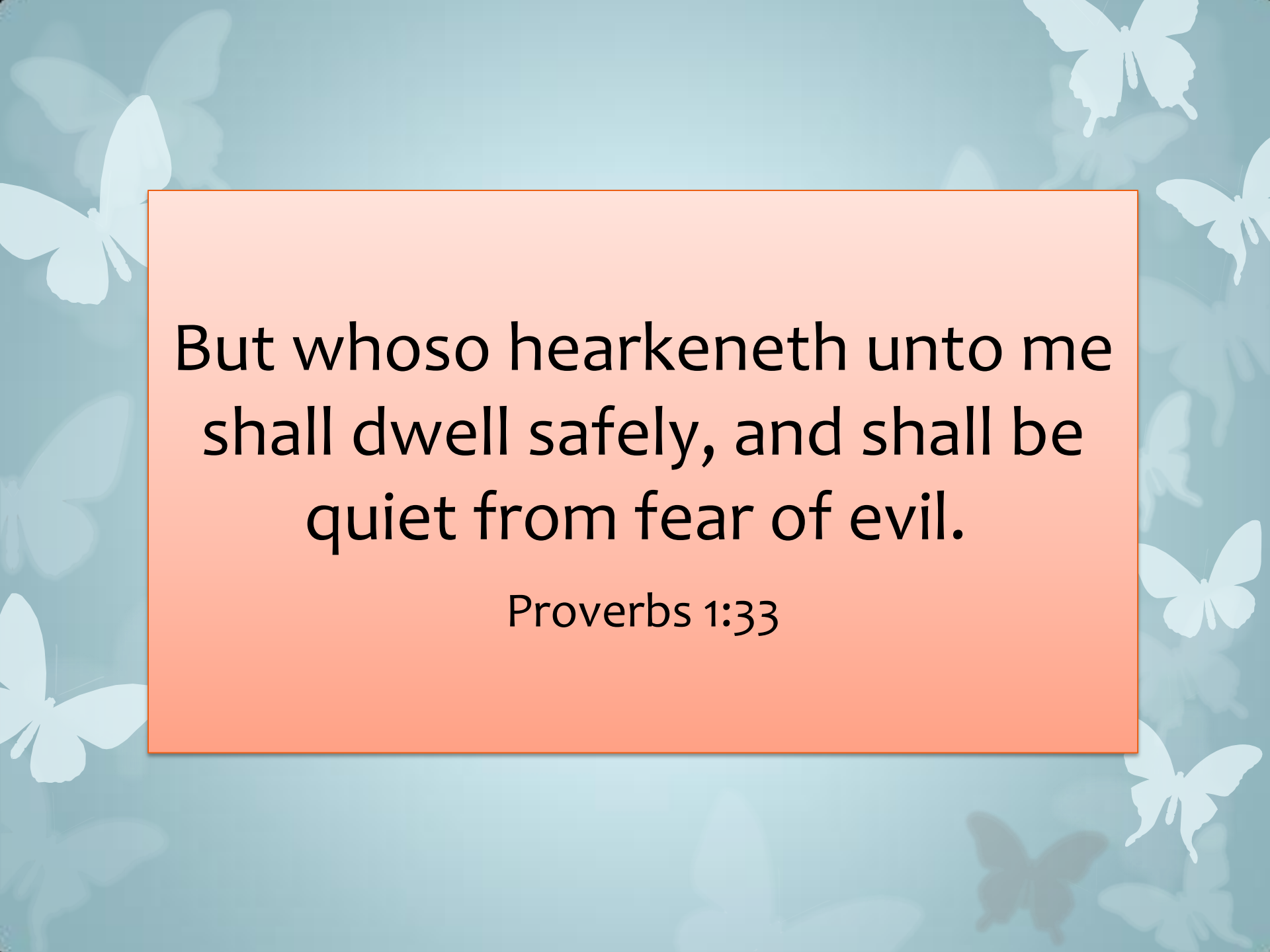
And I will bring the third part through the fire, and will refine them as silver is refined, and will try them as gold is tried: they shall call on my name, and I will hear them: I will say, It is my people: and they shall say, The Lord is my God.

Zechariah 13:9



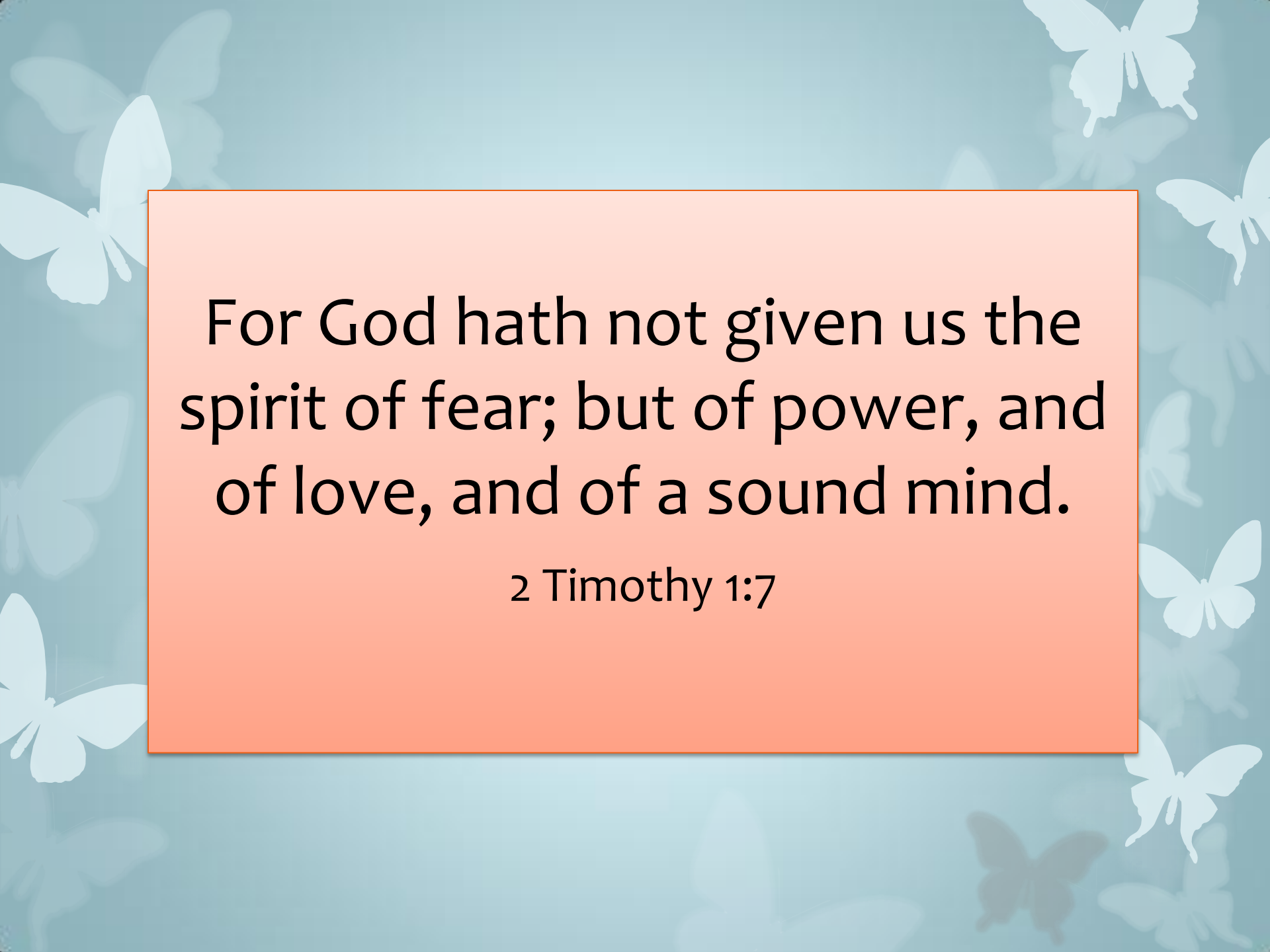
● A **hopeless** woman gives into fear.

● A **hopeful** woman is quiet, confident,
and still during trials.



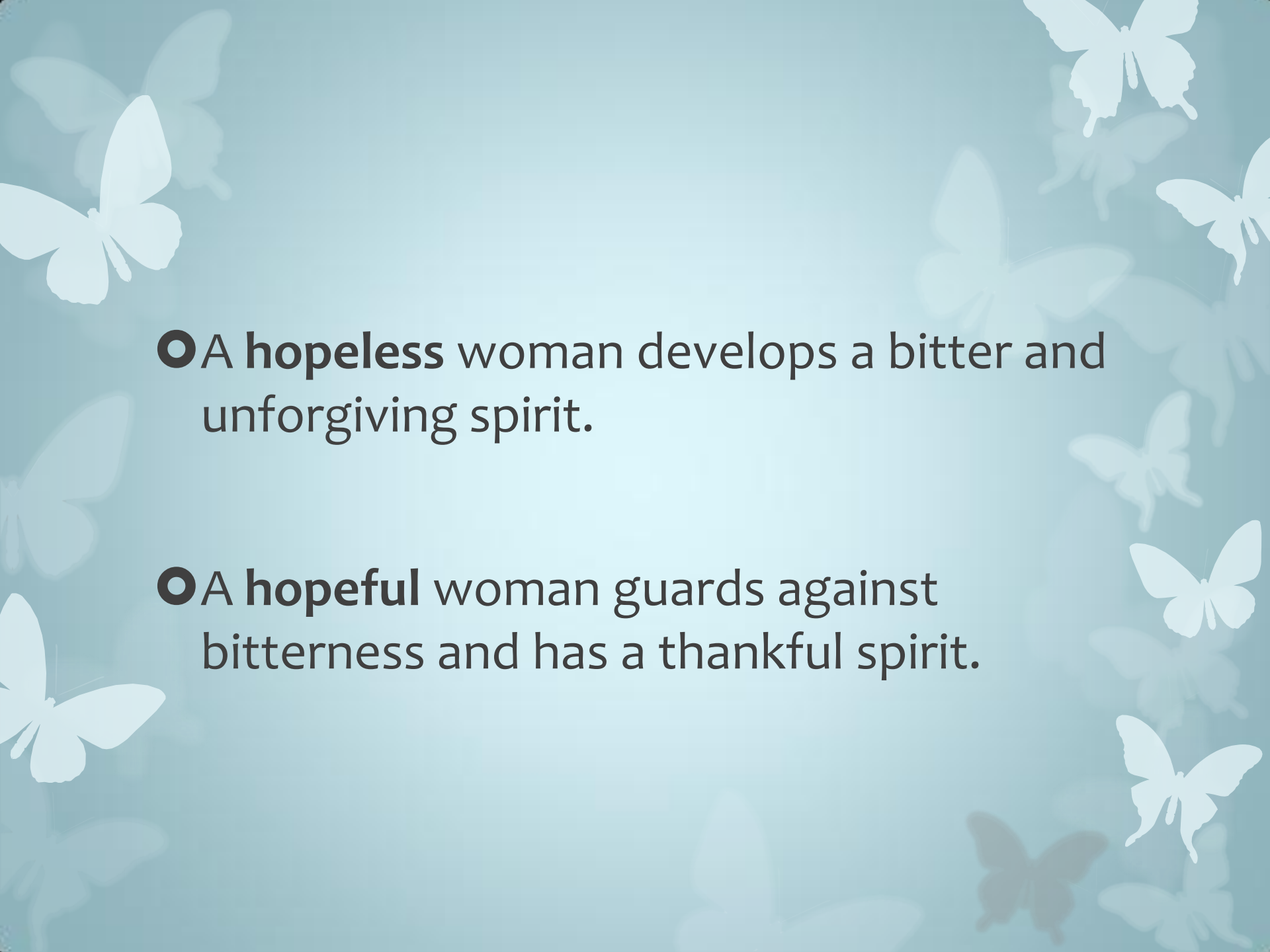
But whoso hearkeneth unto me
shall dwell safely, and shall be
quiet from fear of evil.

Proverbs 1:33



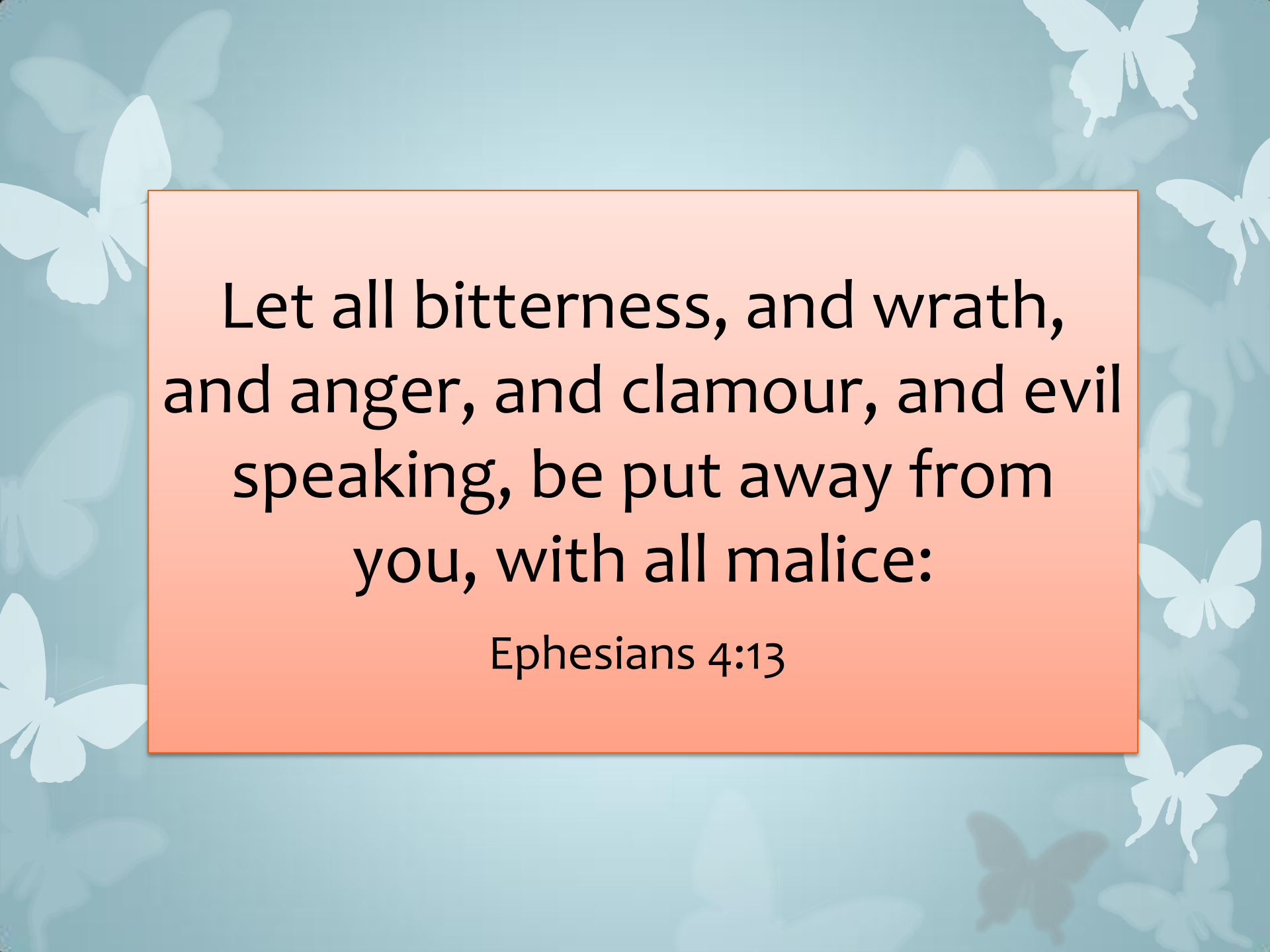
For God hath not given us the
spirit of fear; but of power, and
of love, and of a sound mind.

2 Timothy 1:7



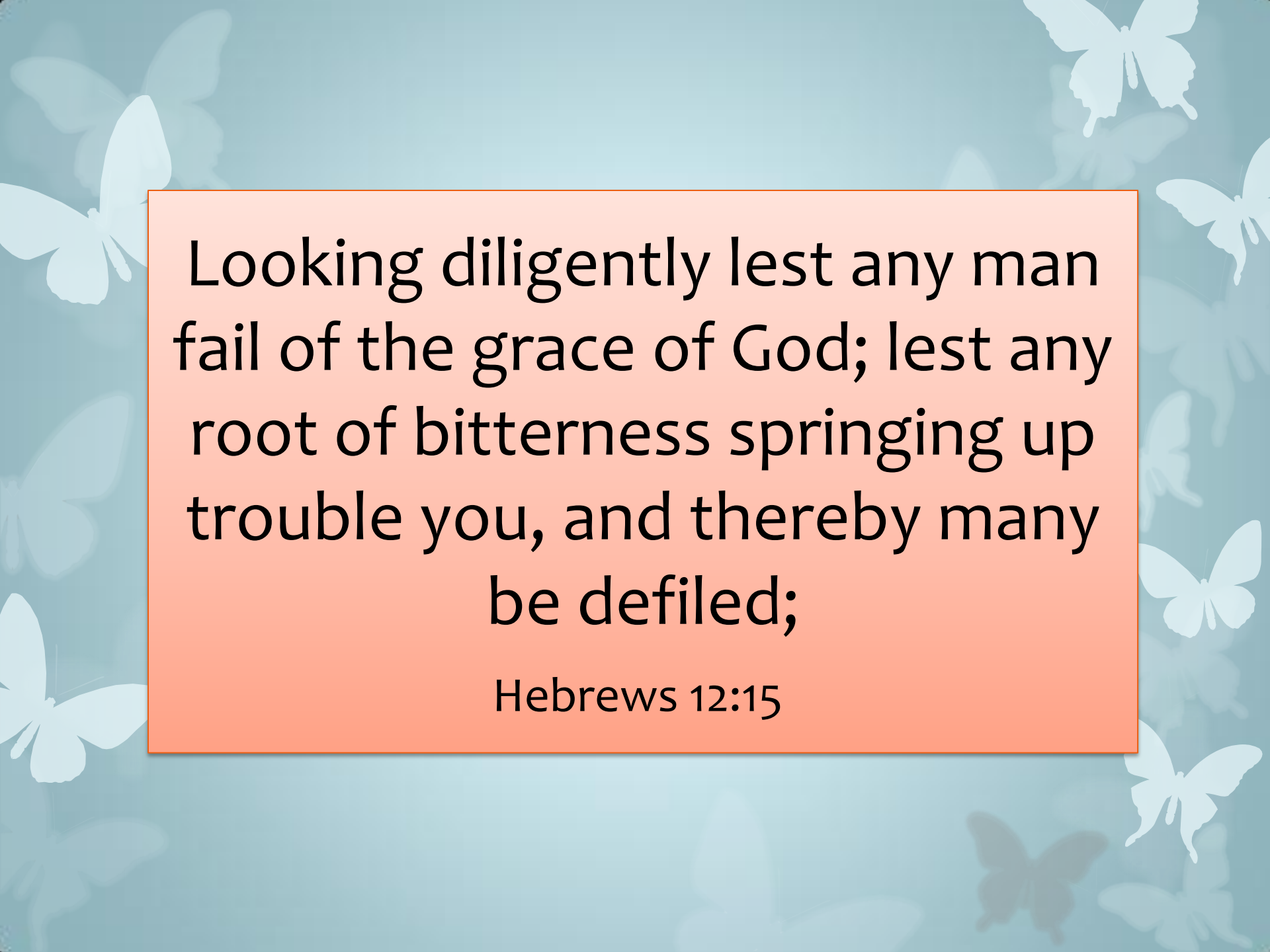
● A **hopeless** woman develops a bitter and unforgiving spirit.

● A **hopeful** woman guards against bitterness and has a thankful spirit.



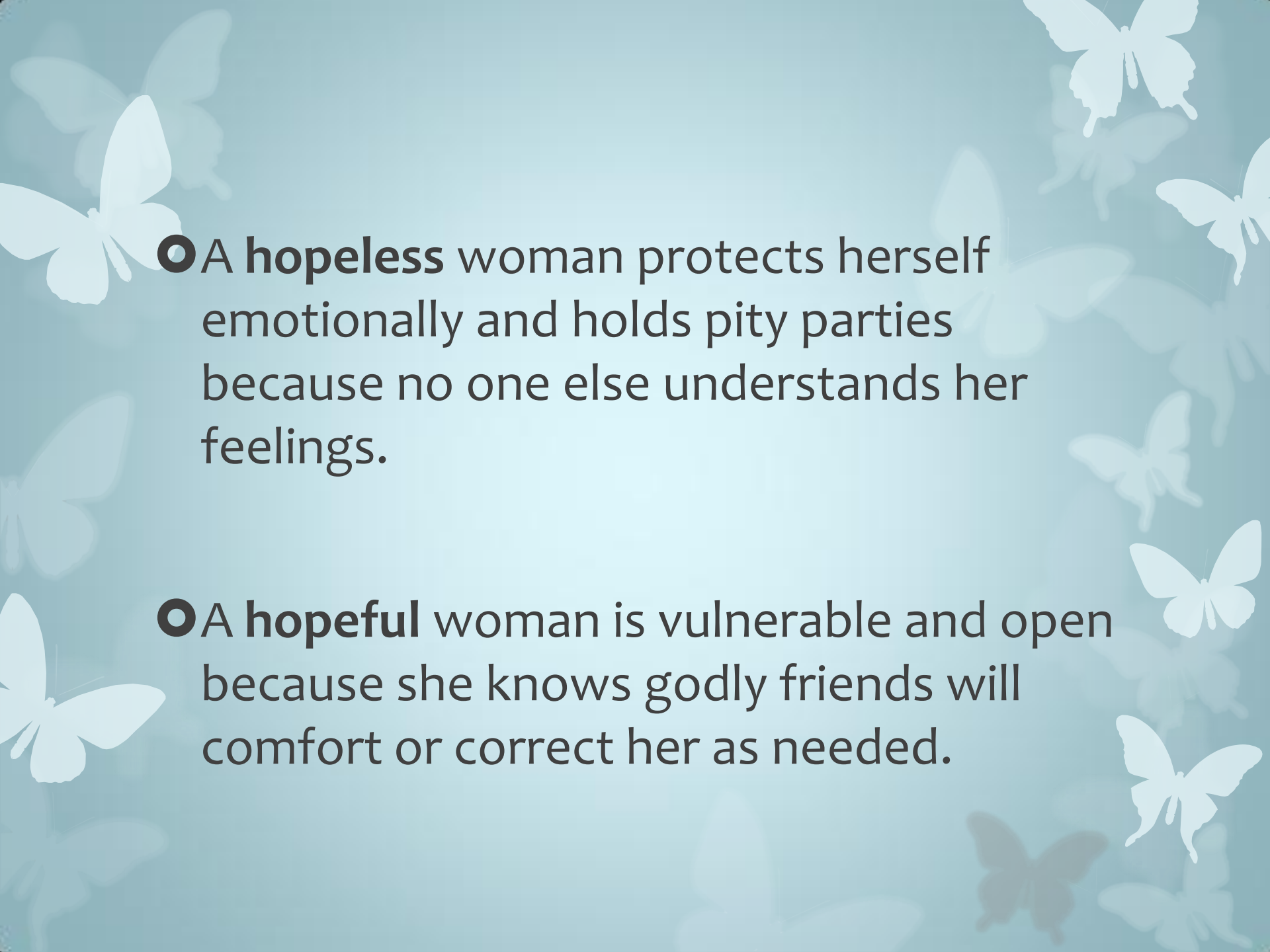
Let all bitterness, and wrath,
and anger, and clamour, and evil
speaking, be put away from
you, with all malice:

Ephesians 4:13



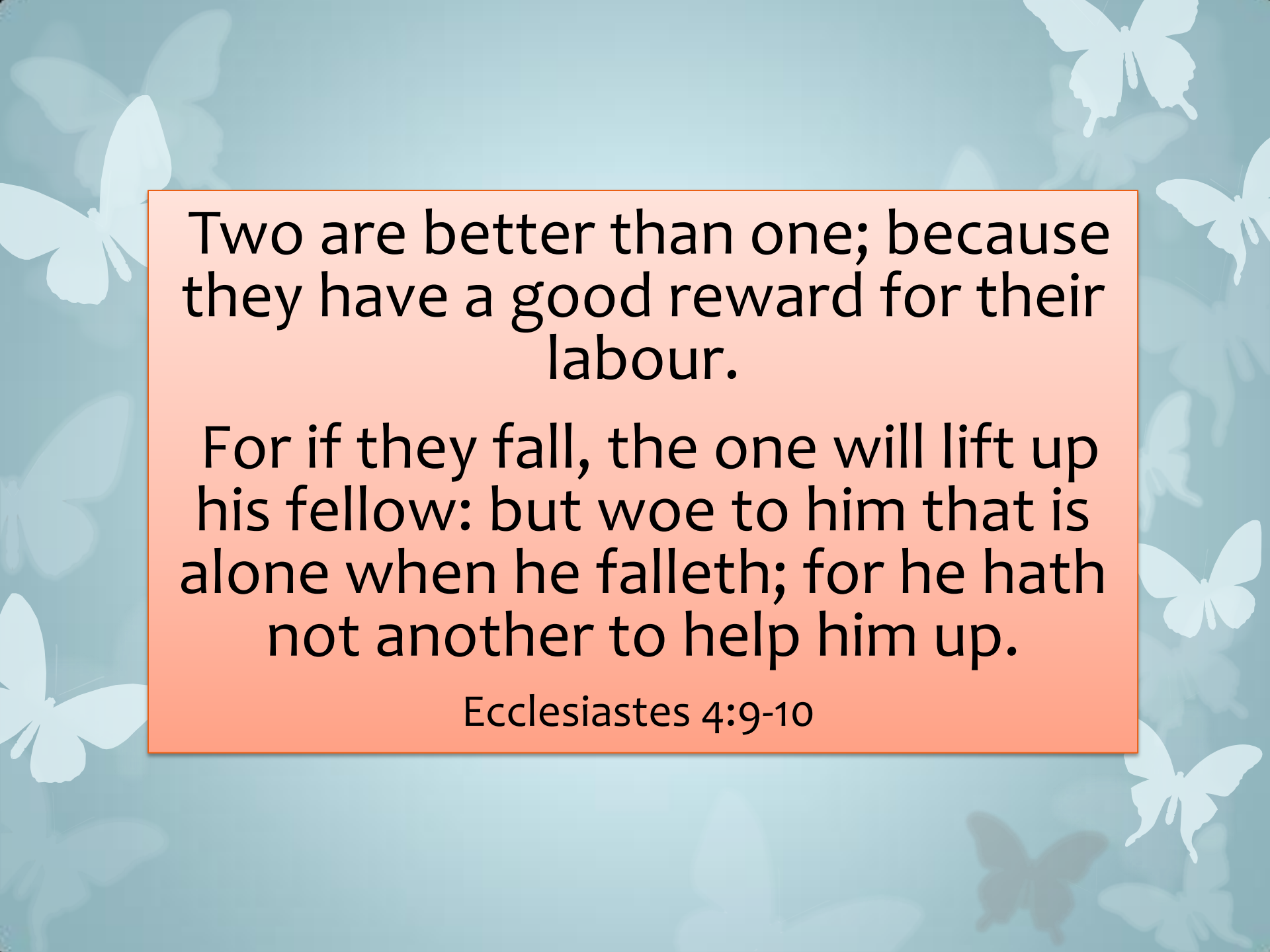
Looking diligently lest any man
fail of the grace of God; lest any
root of bitterness springing up
trouble you, and thereby many
be defiled;

Hebrews 12:15

The background of the slide is a light blue gradient with several white butterfly silhouettes scattered across it. The butterflies are of various sizes and orientations, some appearing to fly towards the center and others away from it. The overall aesthetic is soft and serene.

● A **hopeless** woman protects herself emotionally and holds pity parties because no one else understands her feelings.

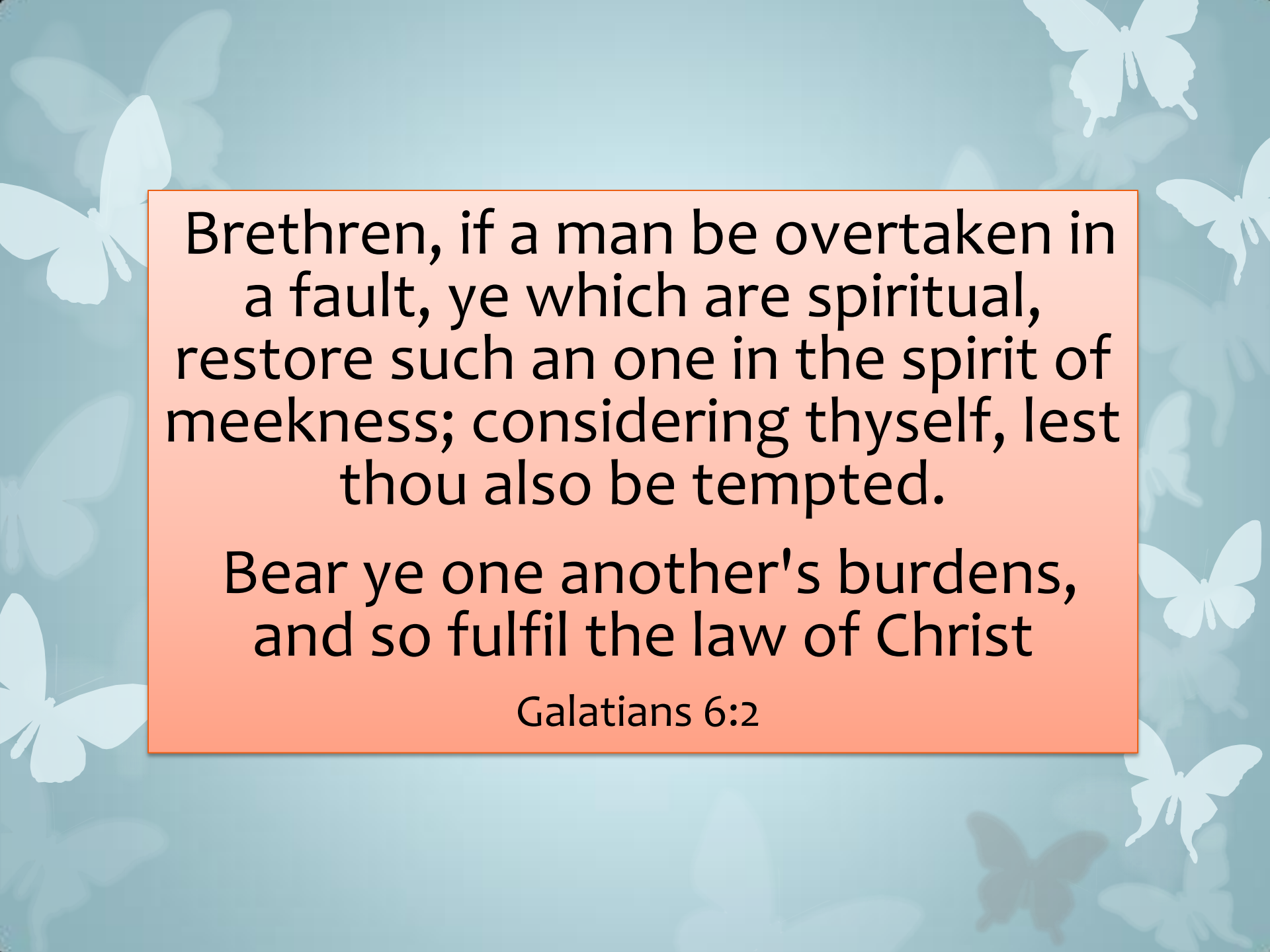
● A **hopeful** woman is vulnerable and open because she knows godly friends will comfort or correct her as needed.



Two are better than one; because they have a good reward for their labour.

For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up.


Ecclesiastes 4:9-10

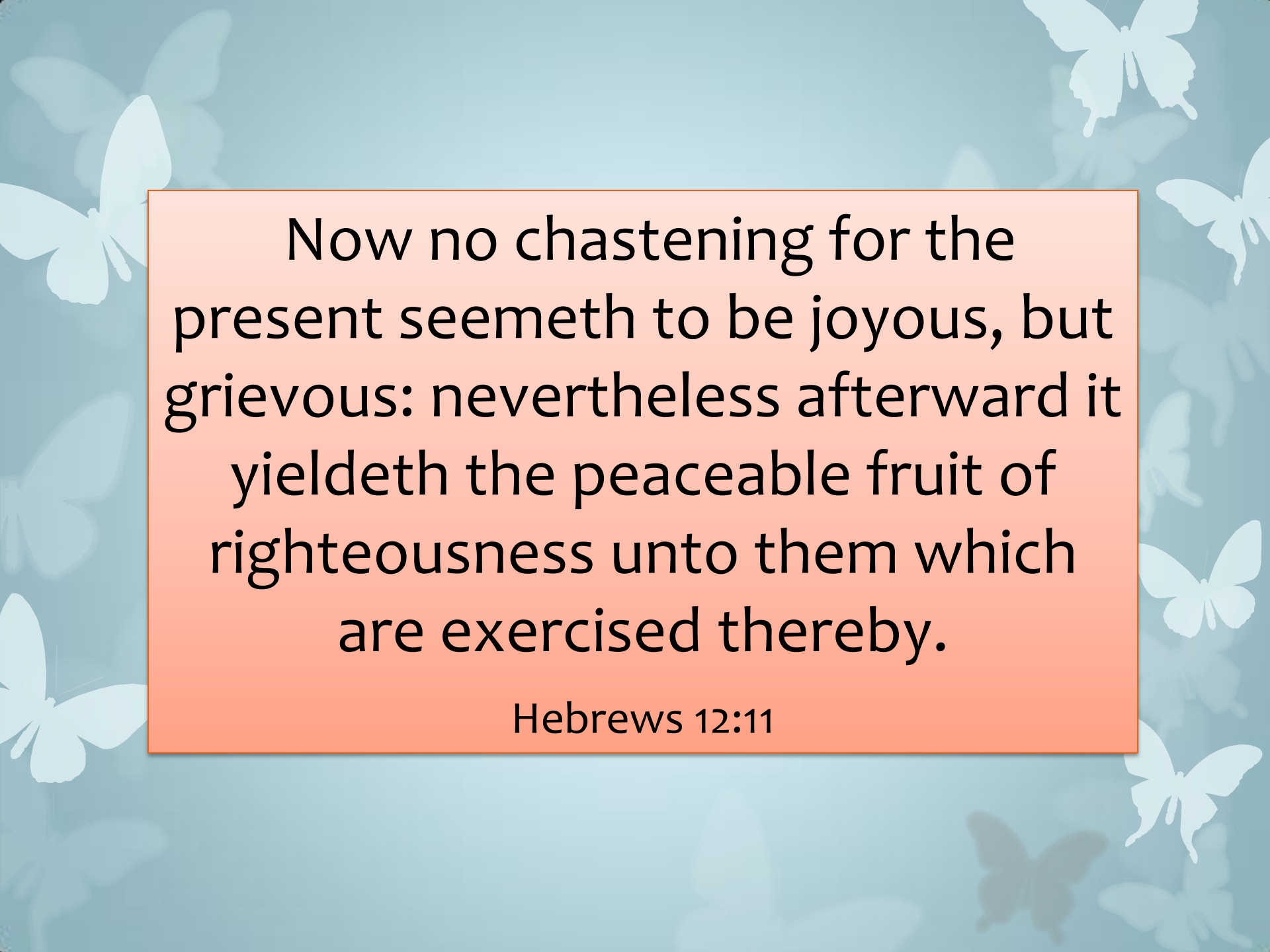


Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted.

Bear ye one another's burdens, and so fulfil the law of Christ

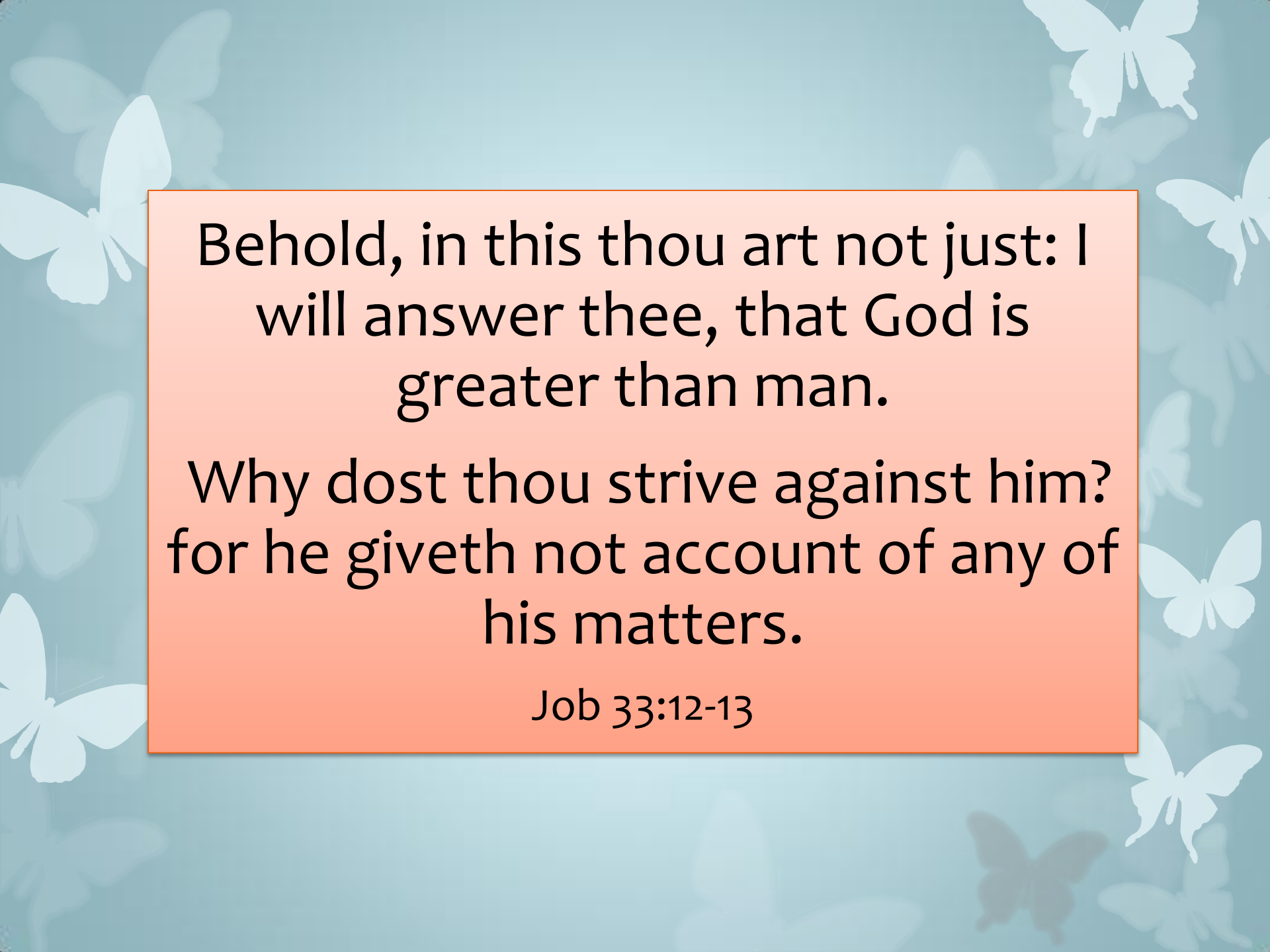
Galatians 6:2

- 
- A **hopeless** woman sees bad things as punishment from a harsh God who expects perfection.
 - A **hopeful** woman understands God is greater than man and that we are but clay created for God's glory.



Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby.

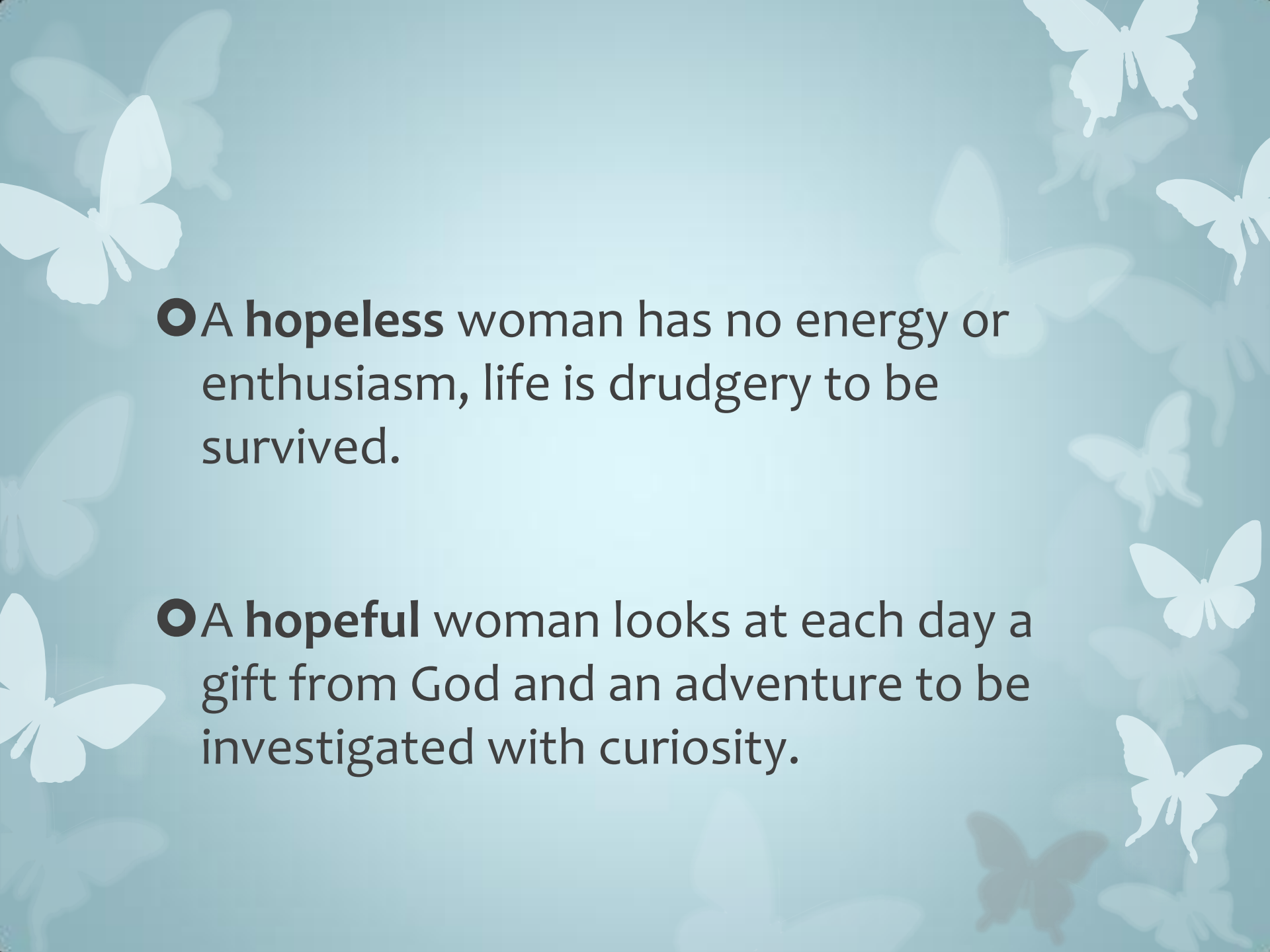
Hebrews 12:11

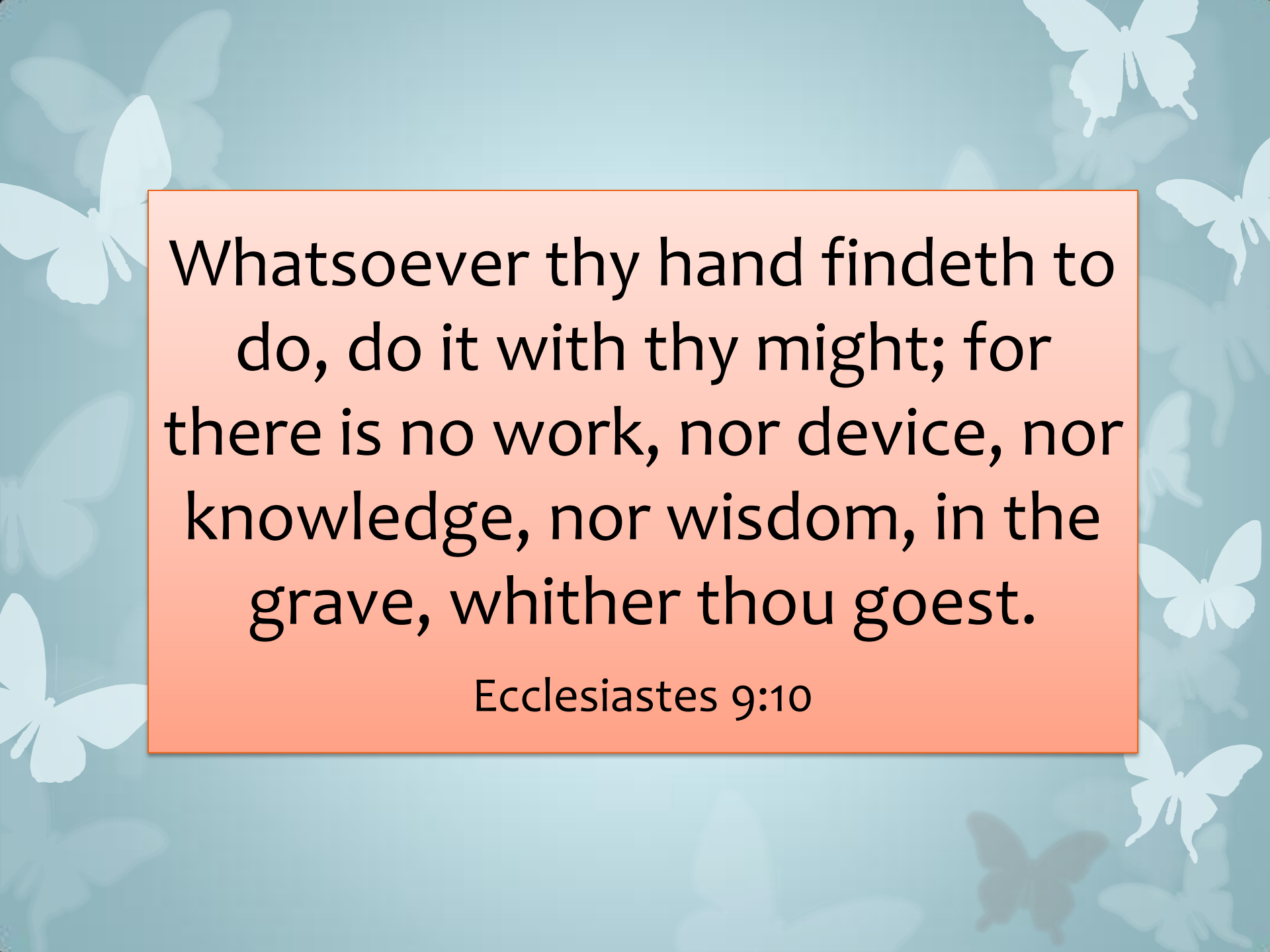


Behold, in this thou art not just: I
will answer thee, that God is
greater than man.

Why dost thou strive against him?
for he giveth not account of any of
his matters.

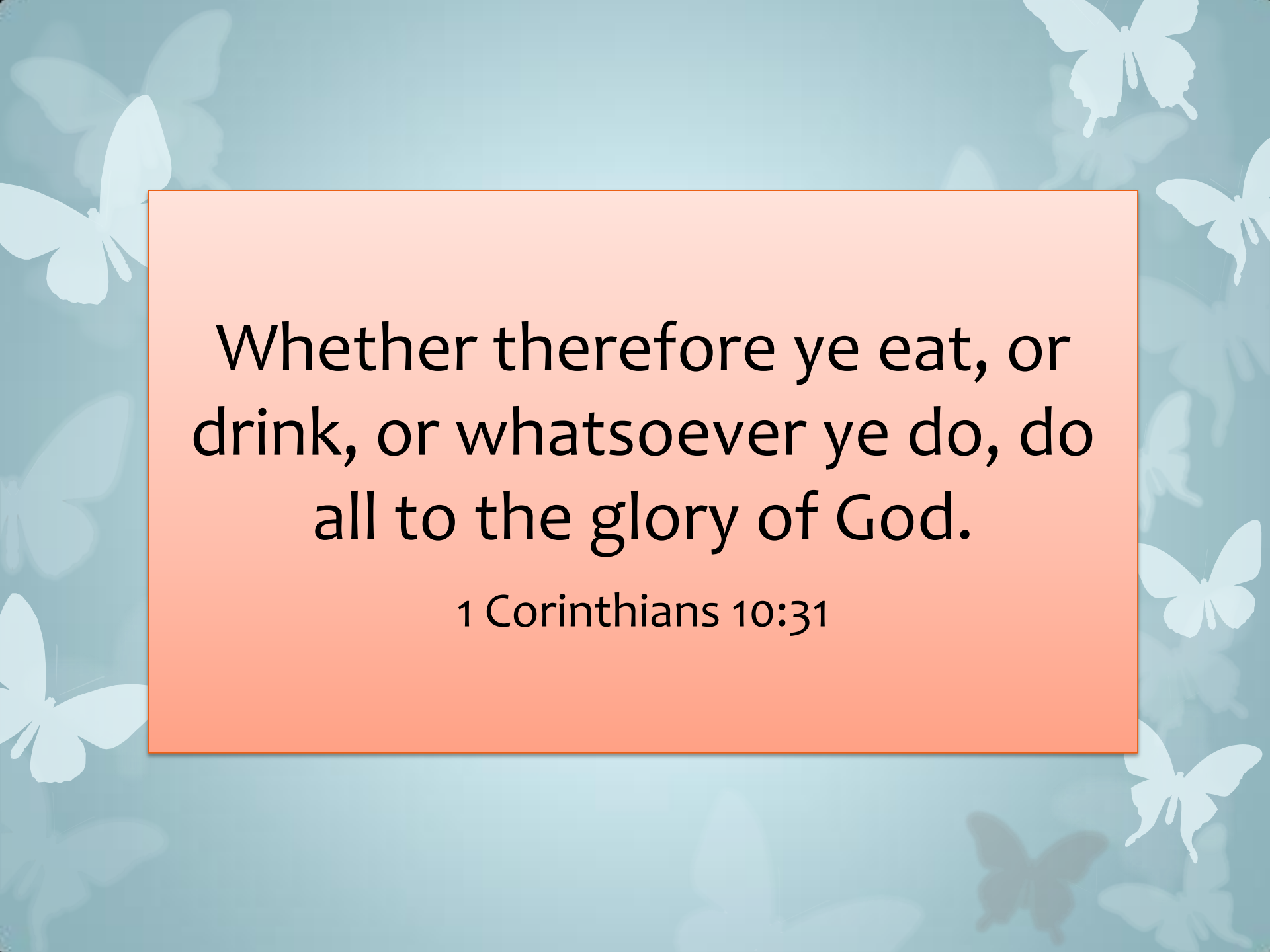
Job 33:12-13

- 
- A **hopeless** woman has no energy or enthusiasm, life is drudgery to be survived.
 - A **hopeful** woman looks at each day a gift from God and an adventure to be investigated with curiosity.




Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest.

Ecclesiastes 9:10



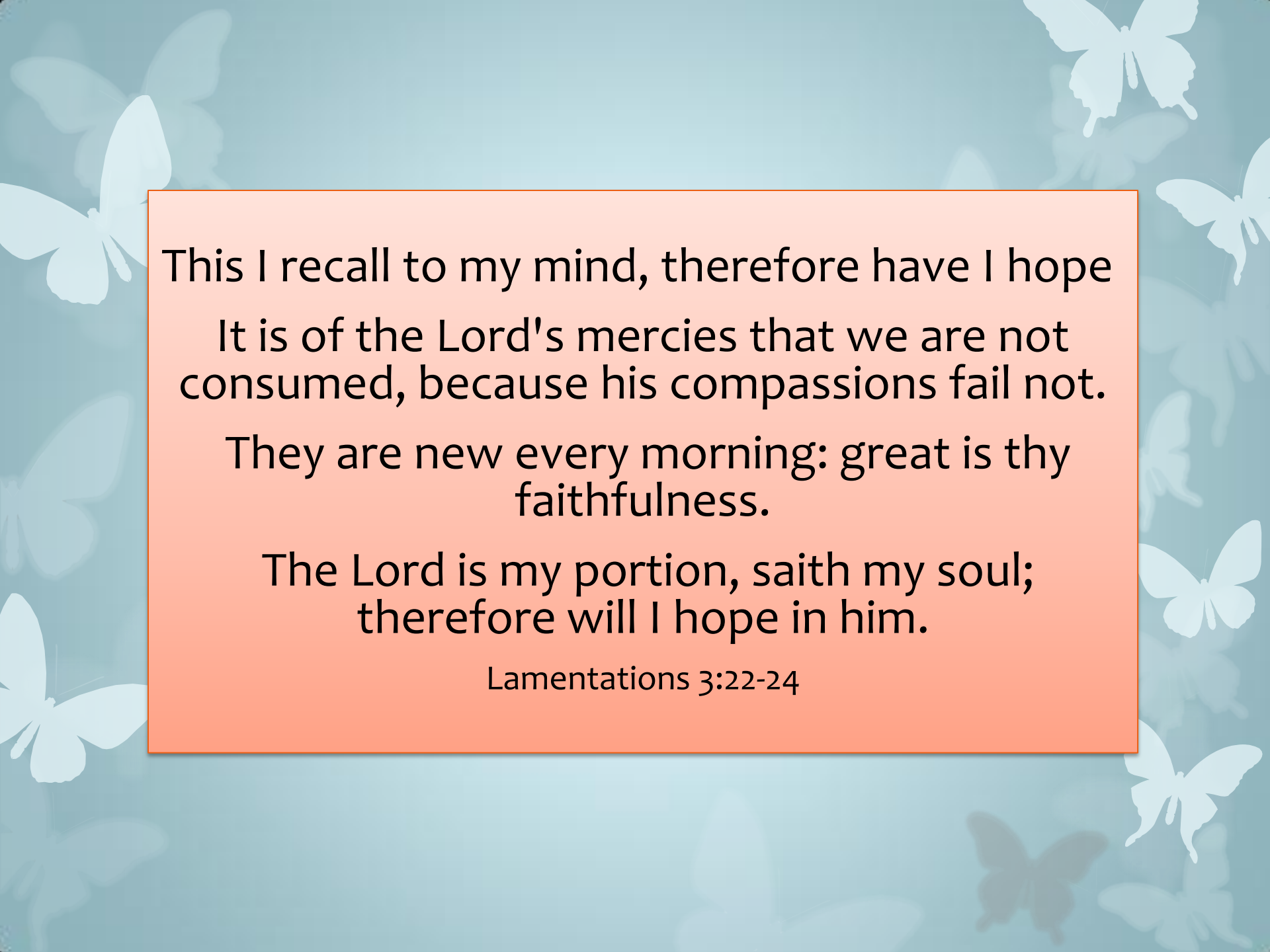
Whether therefore ye eat, or
drink, or whatsoever ye do, do
all to the glory of God.

1 Corinthians 10:31



● A **hopeless** woman is always looking back at good times in the past and how much better it used to be. She misses the joy of now.

● A **hopeful** woman cherishes each moment and looks ahead with expectation and excitement of more blessings from God's hands.




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.

The Lord is my portion, saith my soul;
therefore will I hope in him.

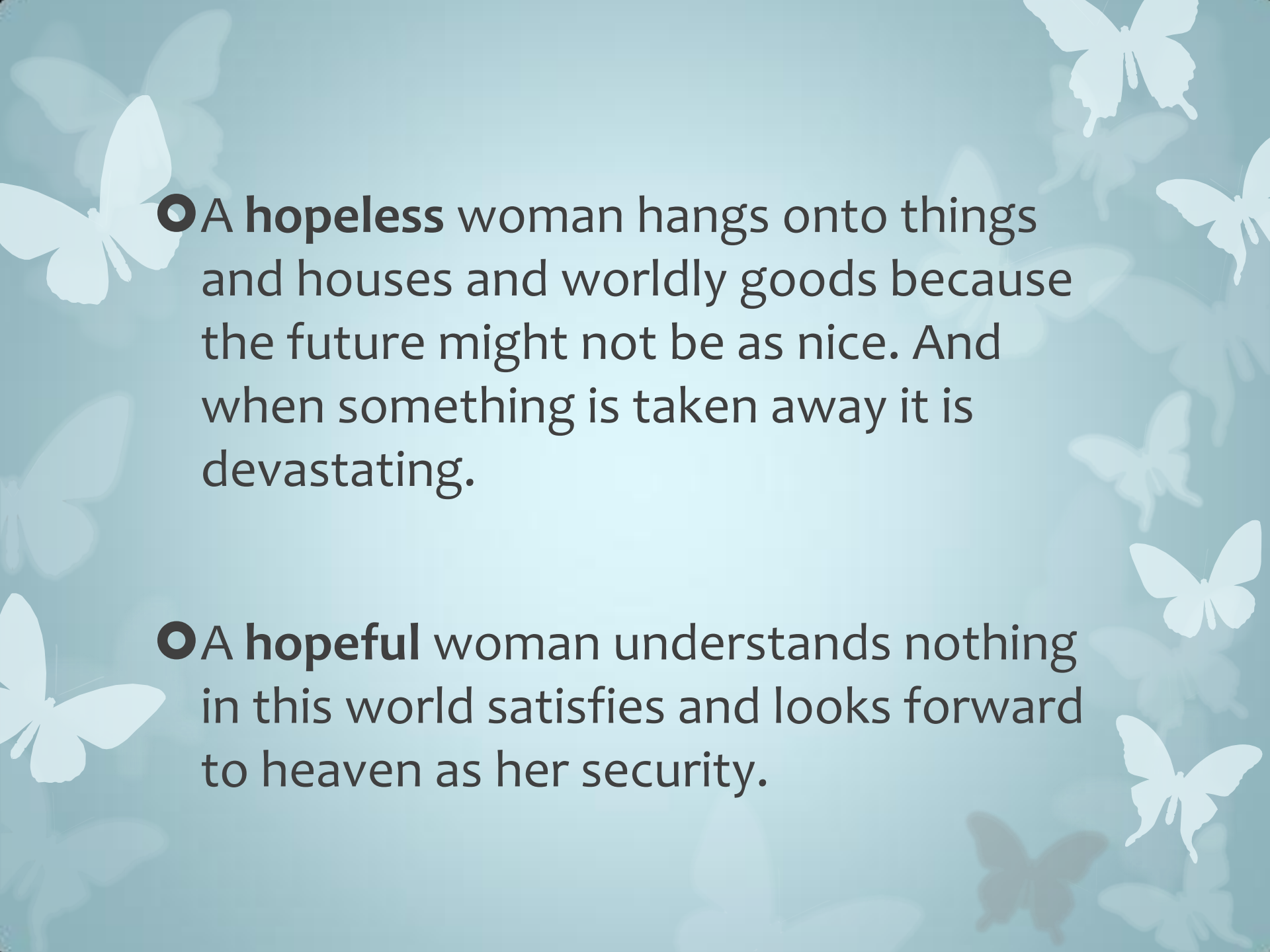
Lamentations 3:22-24



Trust in the Lord with all thine
heart; and lean not unto thine own
understanding.

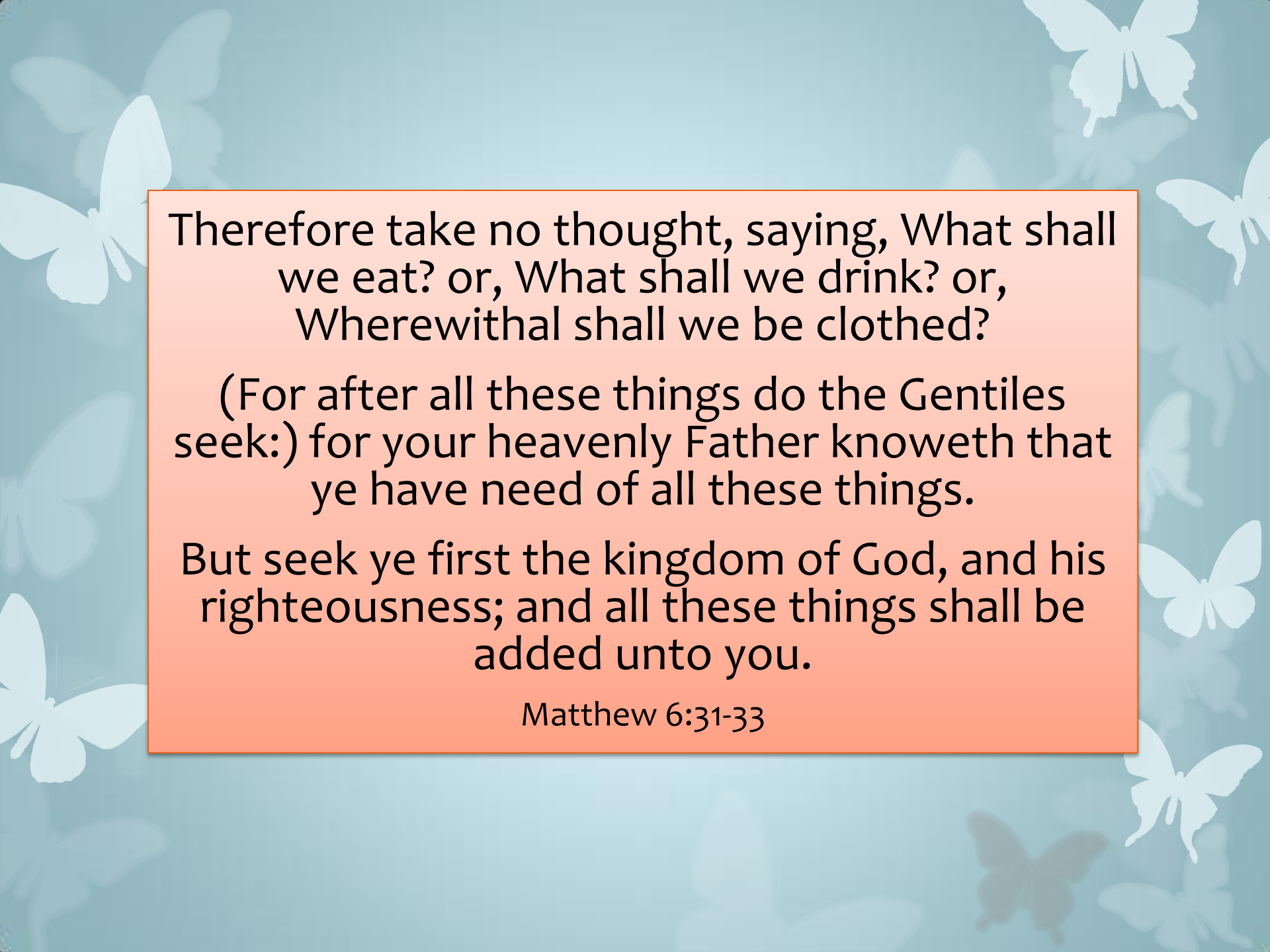
In all thy ways acknowledge him,
and he shall direct thy paths.

Proverbs 3:5-6



● A **hopeless** woman hangs onto things and houses and worldly goods because the future might not be as nice. And when something is taken away it is devastating.

● A **hopeful** woman understands nothing in this world satisfies and looks forward to heaven as her security.

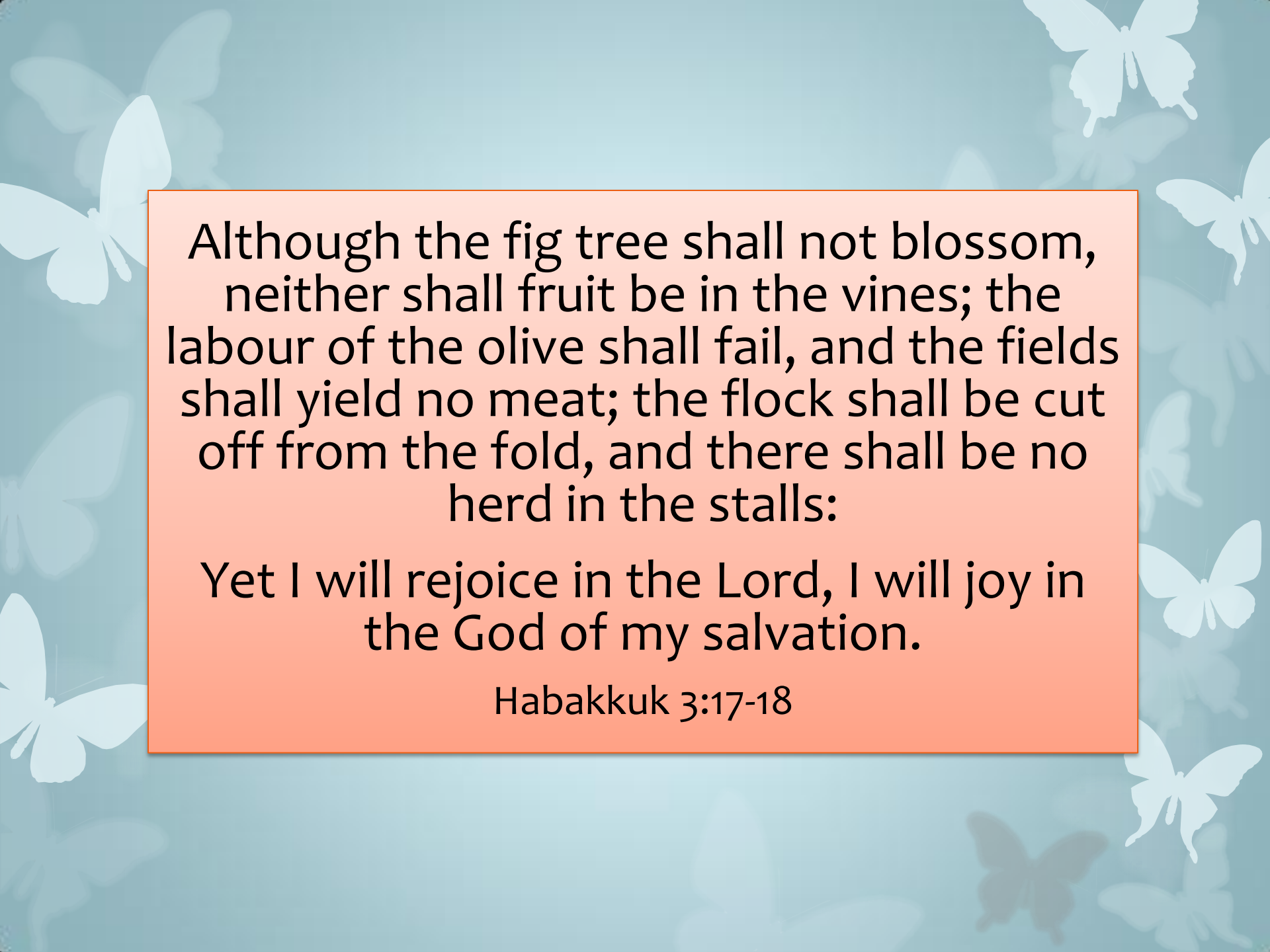


Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

(For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

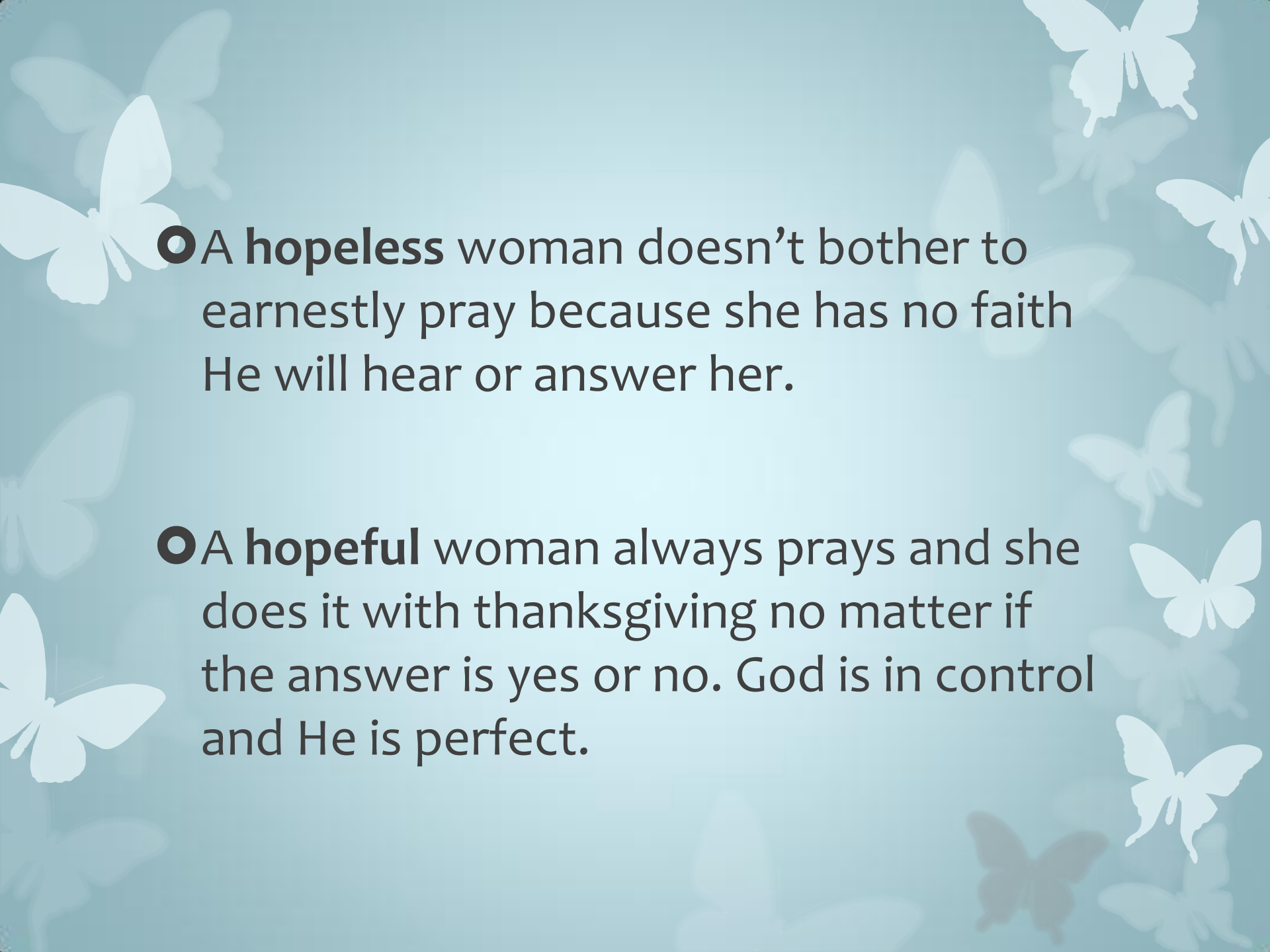
Matthew 6:31-33



Although the fig tree shall not blossom,
neither shall fruit be in the vines; the
labour of the olive shall fail, and the fields
shall yield no meat; the flock shall be cut
off from the fold, and there shall be no
herd in the stalls:

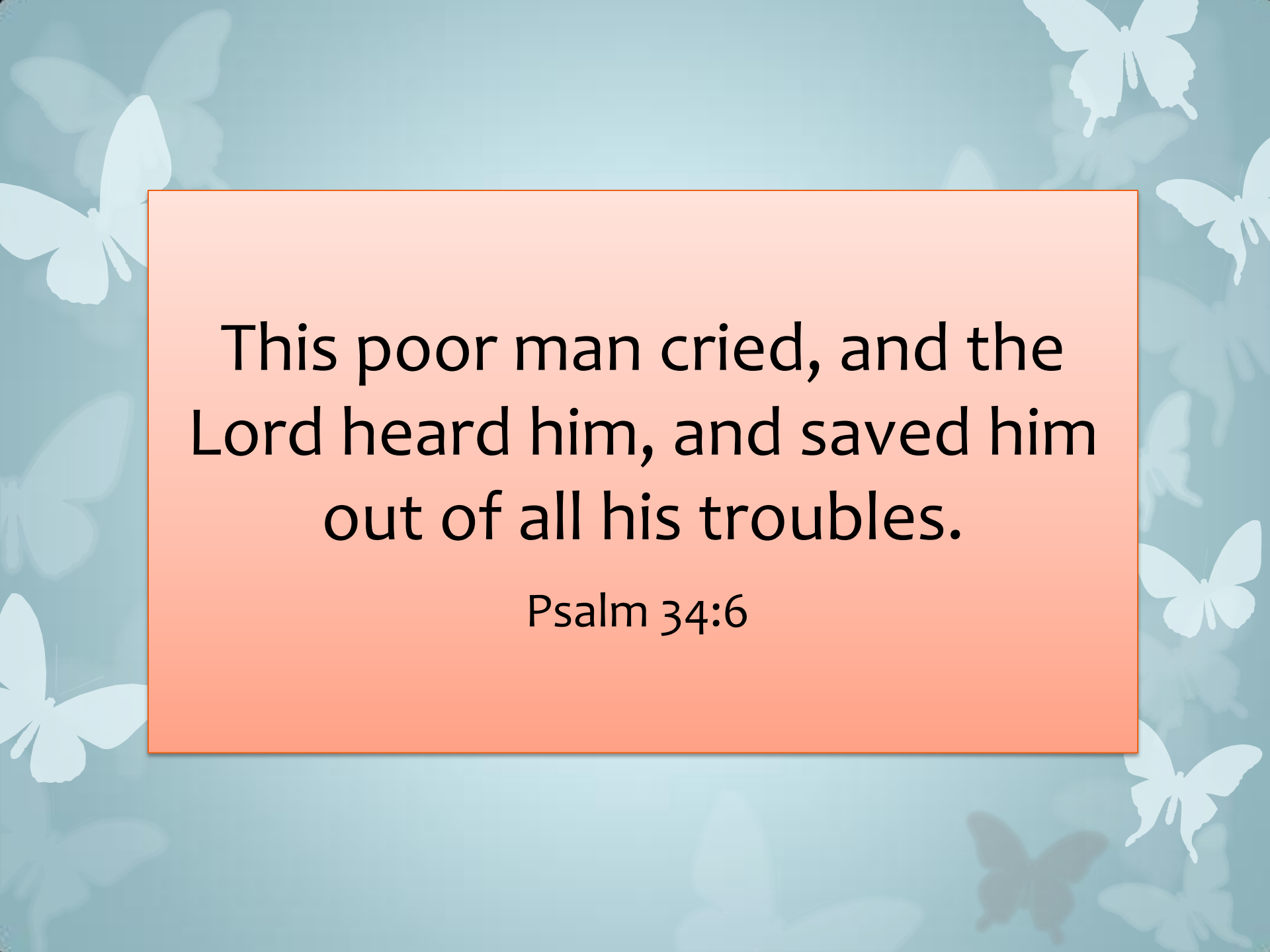
Yet I will rejoice in the Lord, I will joy in
the God of my salvation.

Habakkuk 3:17-18



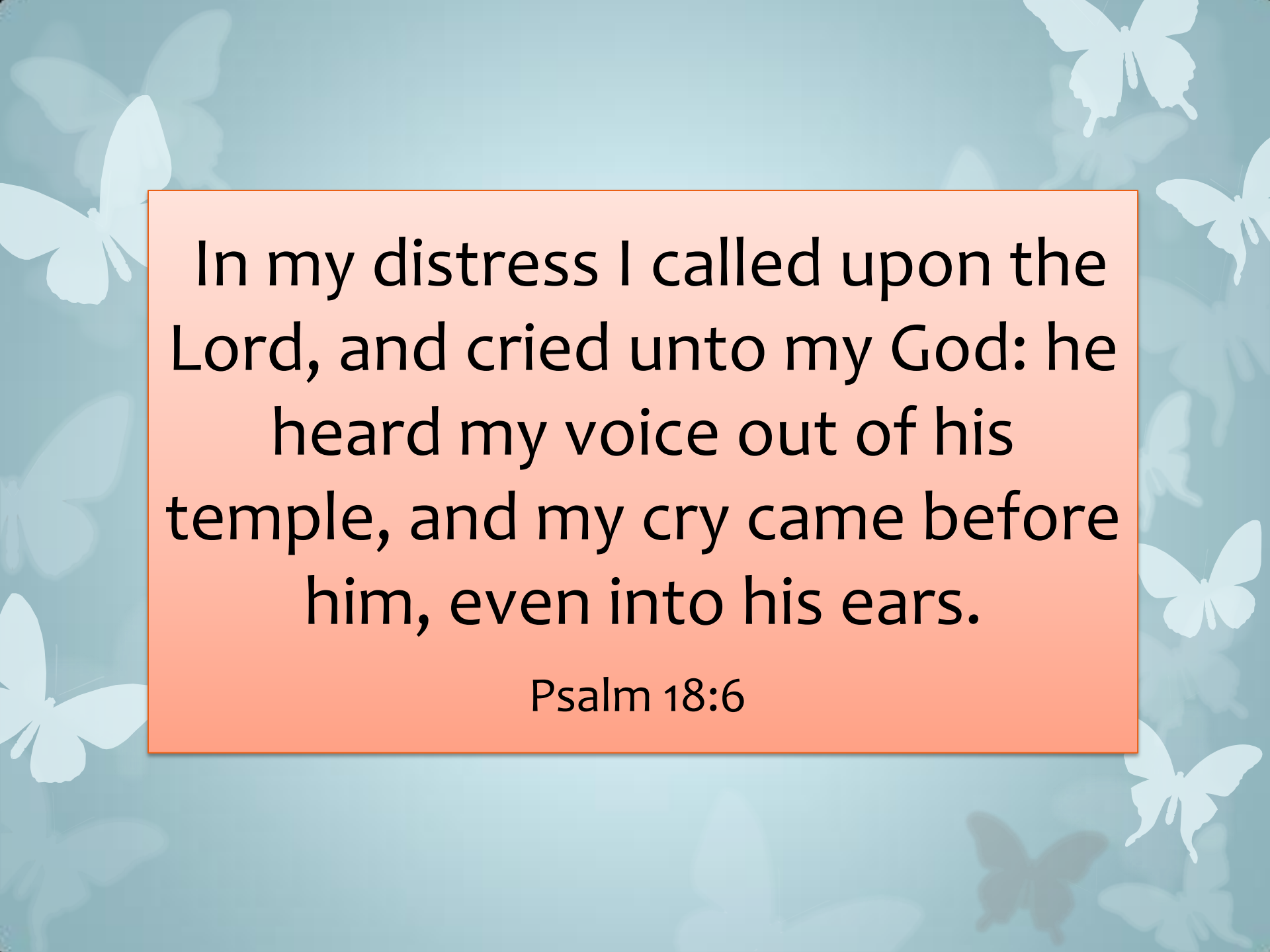
● A **hopeless** woman doesn't bother to earnestly pray because she has no faith He will hear or answer her.

● A **hopeful** woman always prays and she does it with thanksgiving no matter if the answer is yes or no. God is in control and He is perfect.



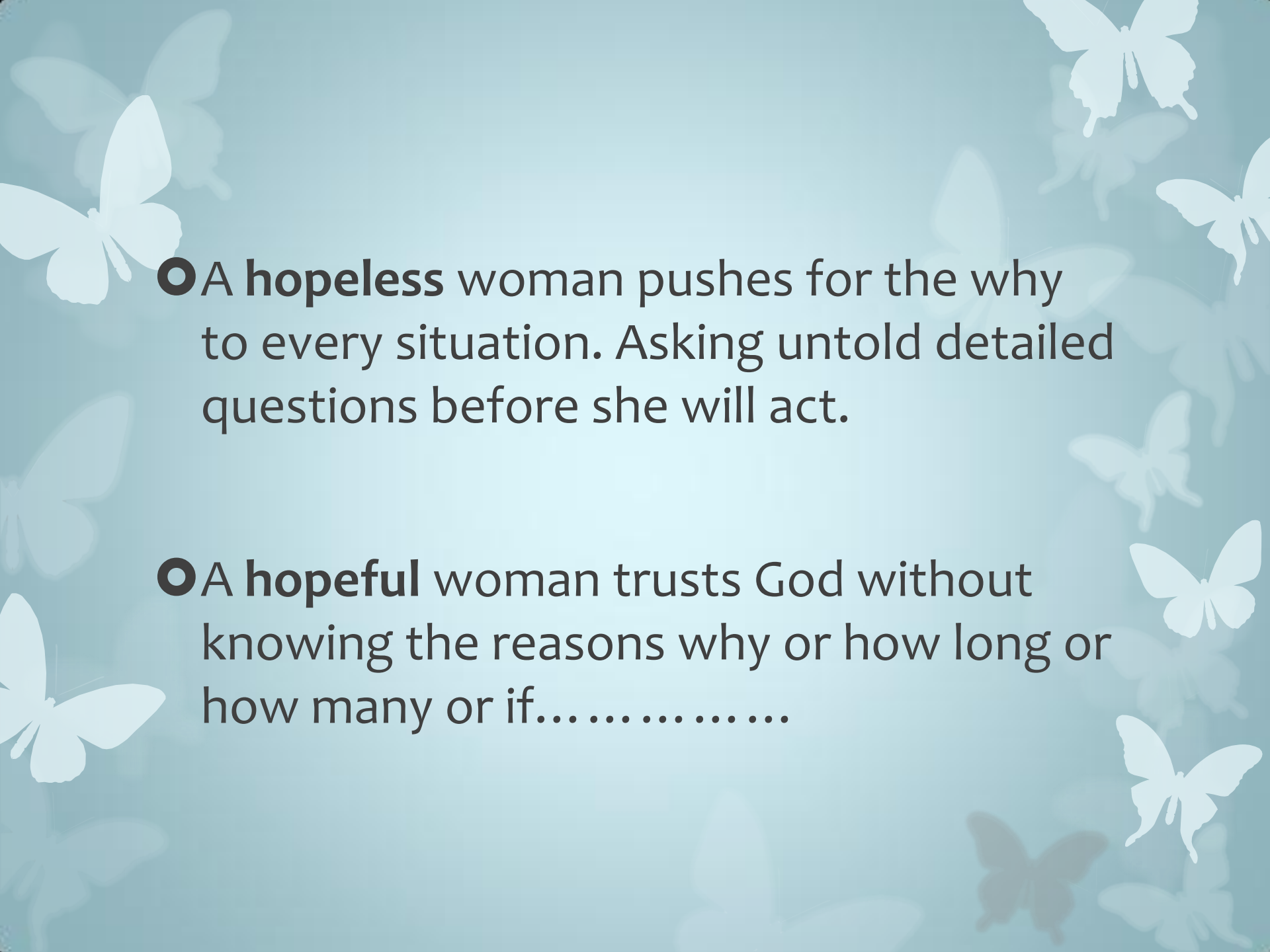
This poor man cried, and the
Lord heard him, and saved him
out of all his troubles.

Psalm 34:6



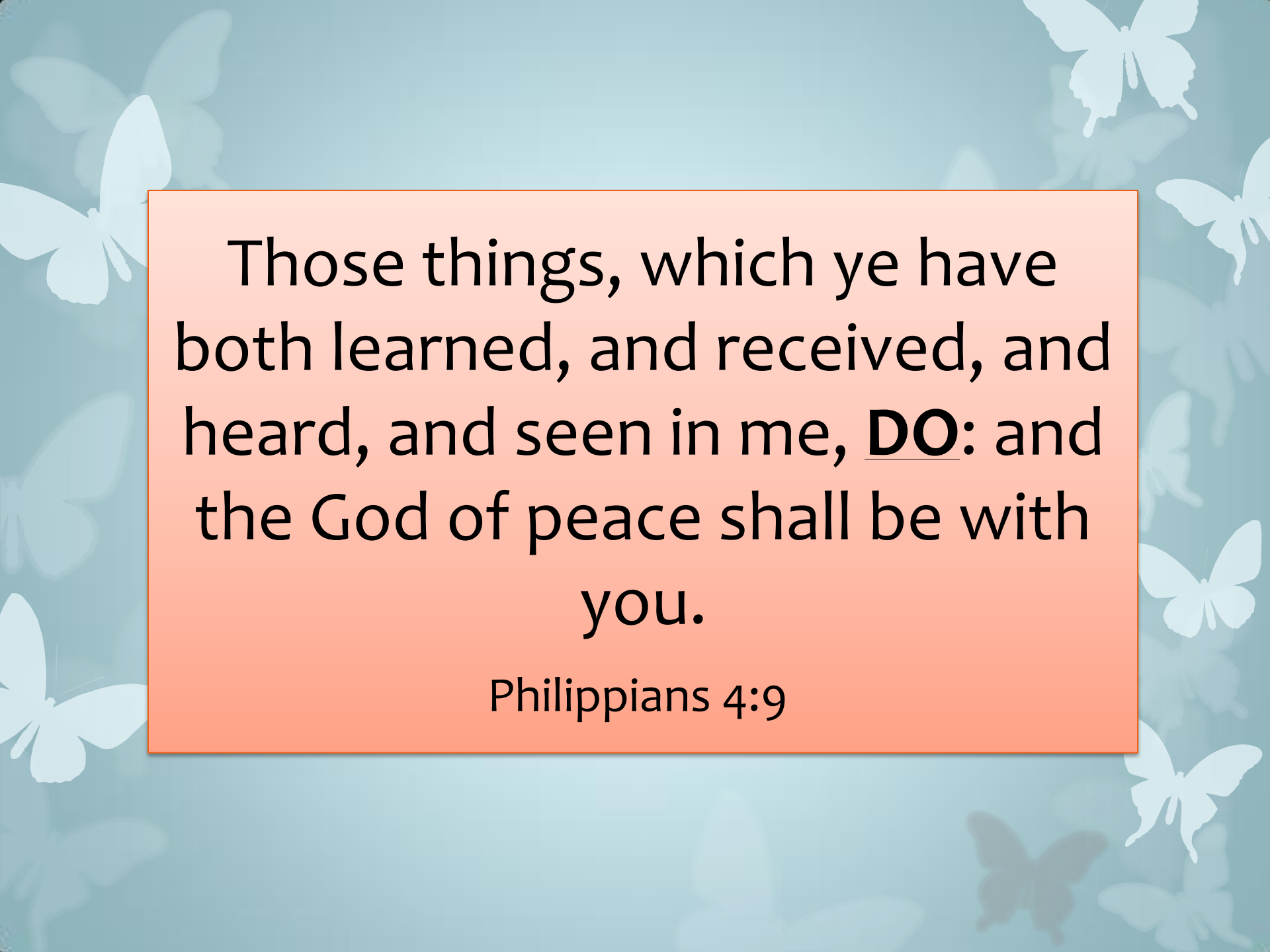
In my distress I called upon the
Lord, and cried unto my God: he
heard my voice out of his
temple, and my cry came before
him, even into his ears.

Psalm 18:6

The background of the slide is a light blue gradient with several white butterfly silhouettes scattered across it. The butterflies are of various sizes and orientations, some appearing to fly towards the right and others away from it. The overall aesthetic is clean and serene.

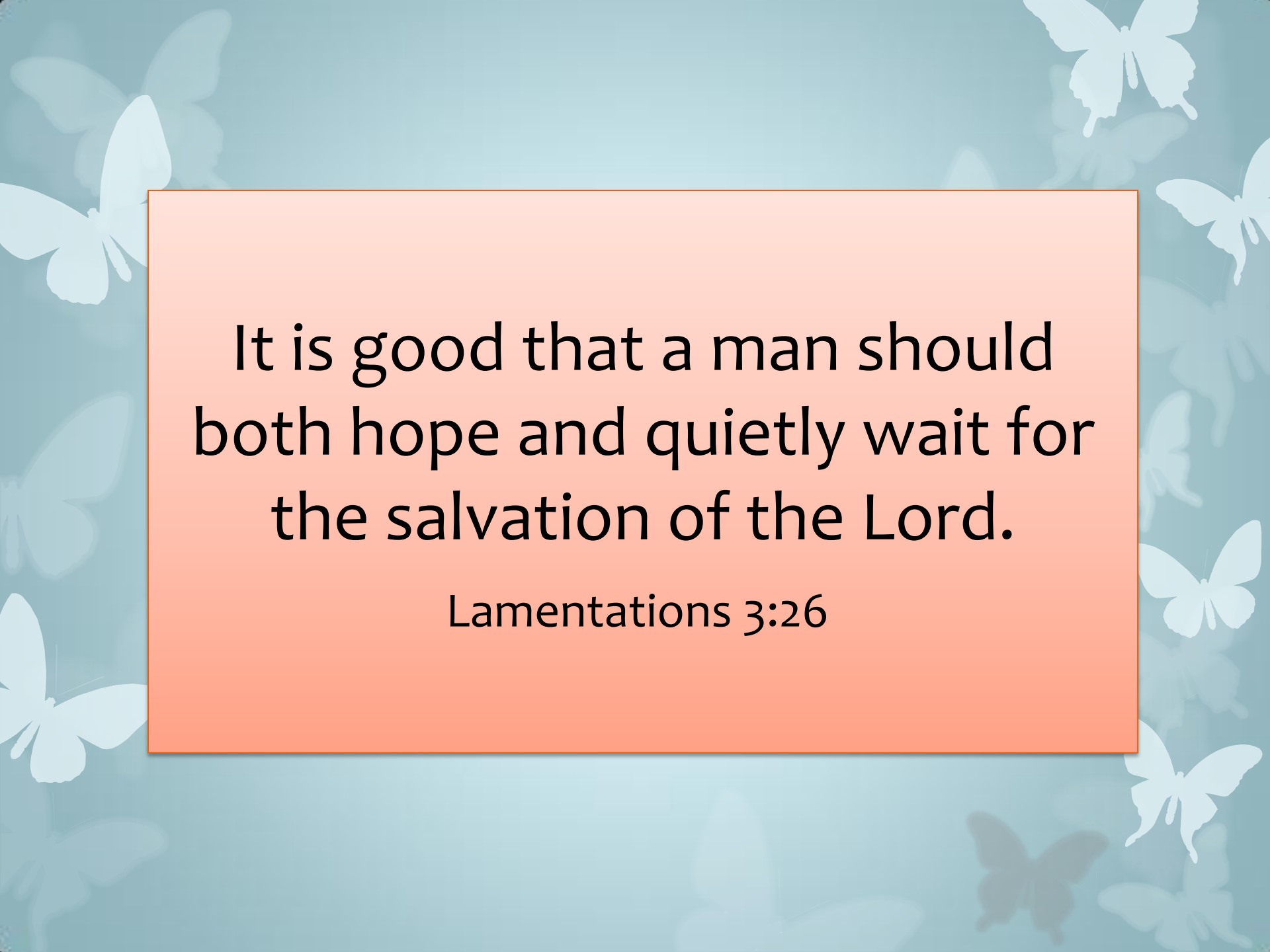
● A **hopeless** woman pushes for the why to every situation. Asking untold detailed questions before she will act.

● A **hopeful** woman trusts God without knowing the reasons why or how long or how many or if.....



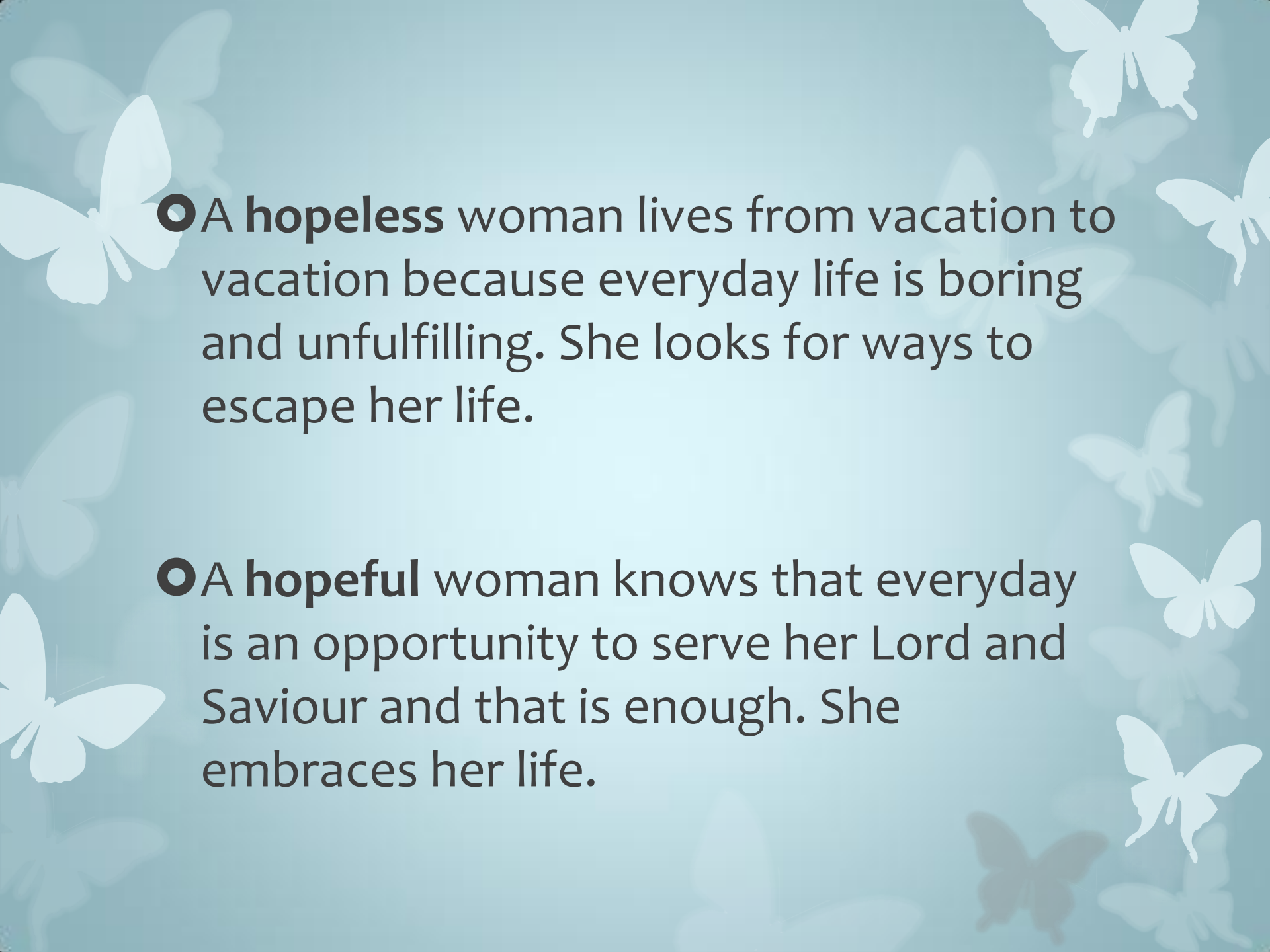
Those things, which ye have
both learned, and received, and
heard, and seen in me, **DO**: and
the God of peace shall be with
you.

Philippians 4:9



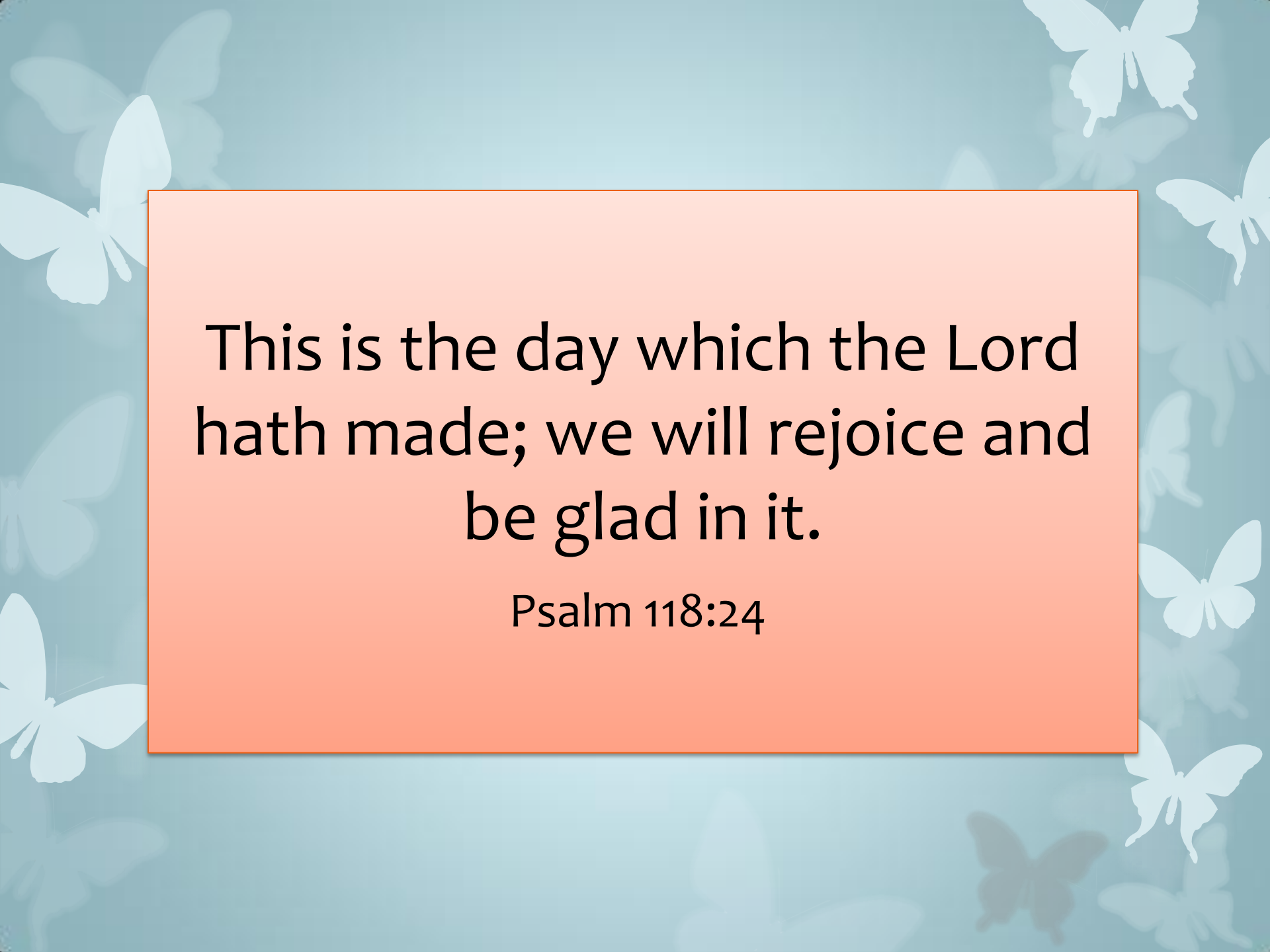
It is good that a man should
both hope and quietly wait for
the salvation of the Lord.

Lamentations 3:26



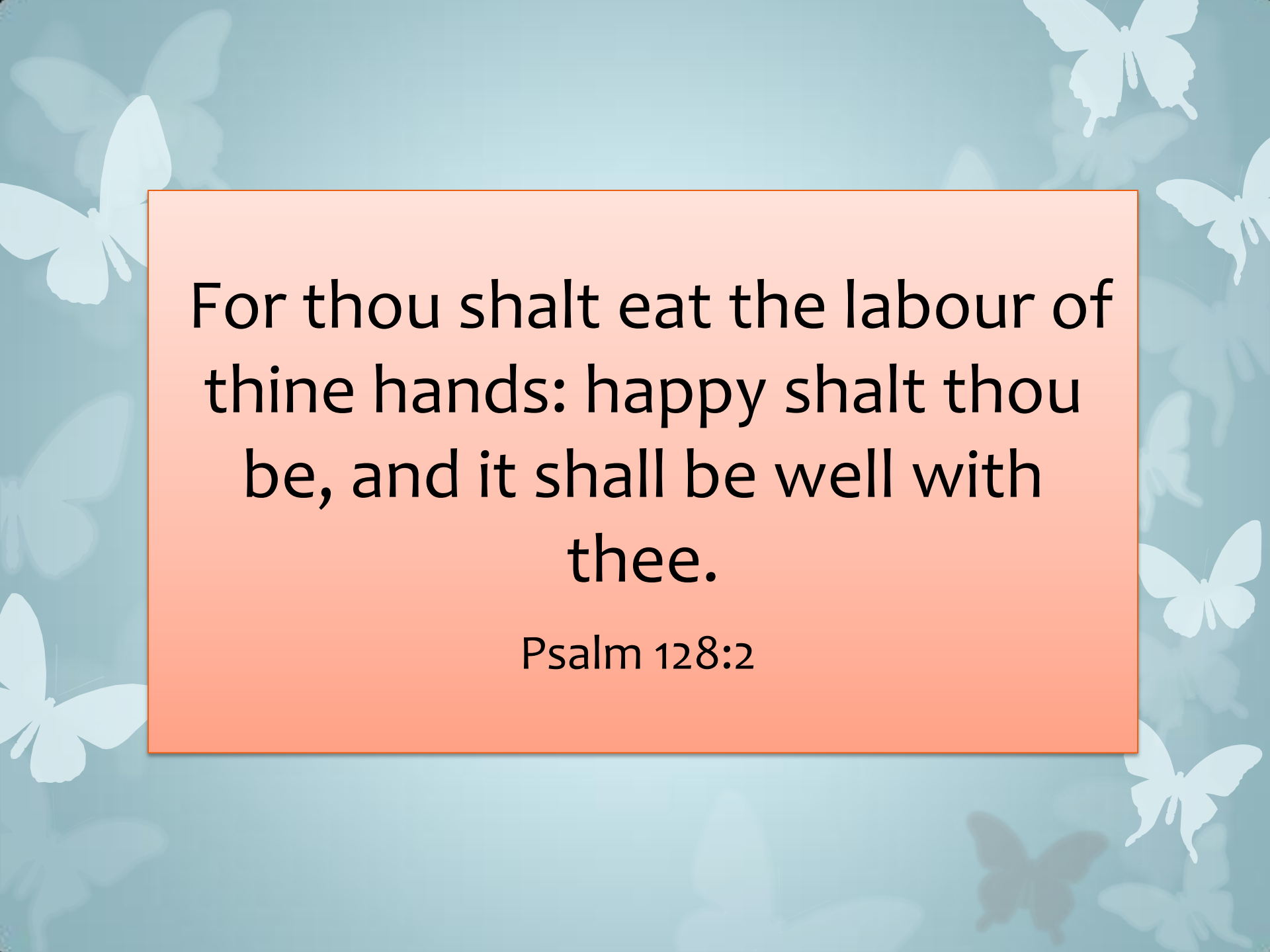
● A **hopeless** woman lives from vacation to vacation because everyday life is boring and unfulfilling. She looks for ways to escape her life.

● A **hopeful** woman knows that everyday is an opportunity to serve her Lord and Saviour and that is enough. She embraces her life.




This is the day which the Lord
hath made; we will rejoice and
be glad in it.

Psalm 118:24



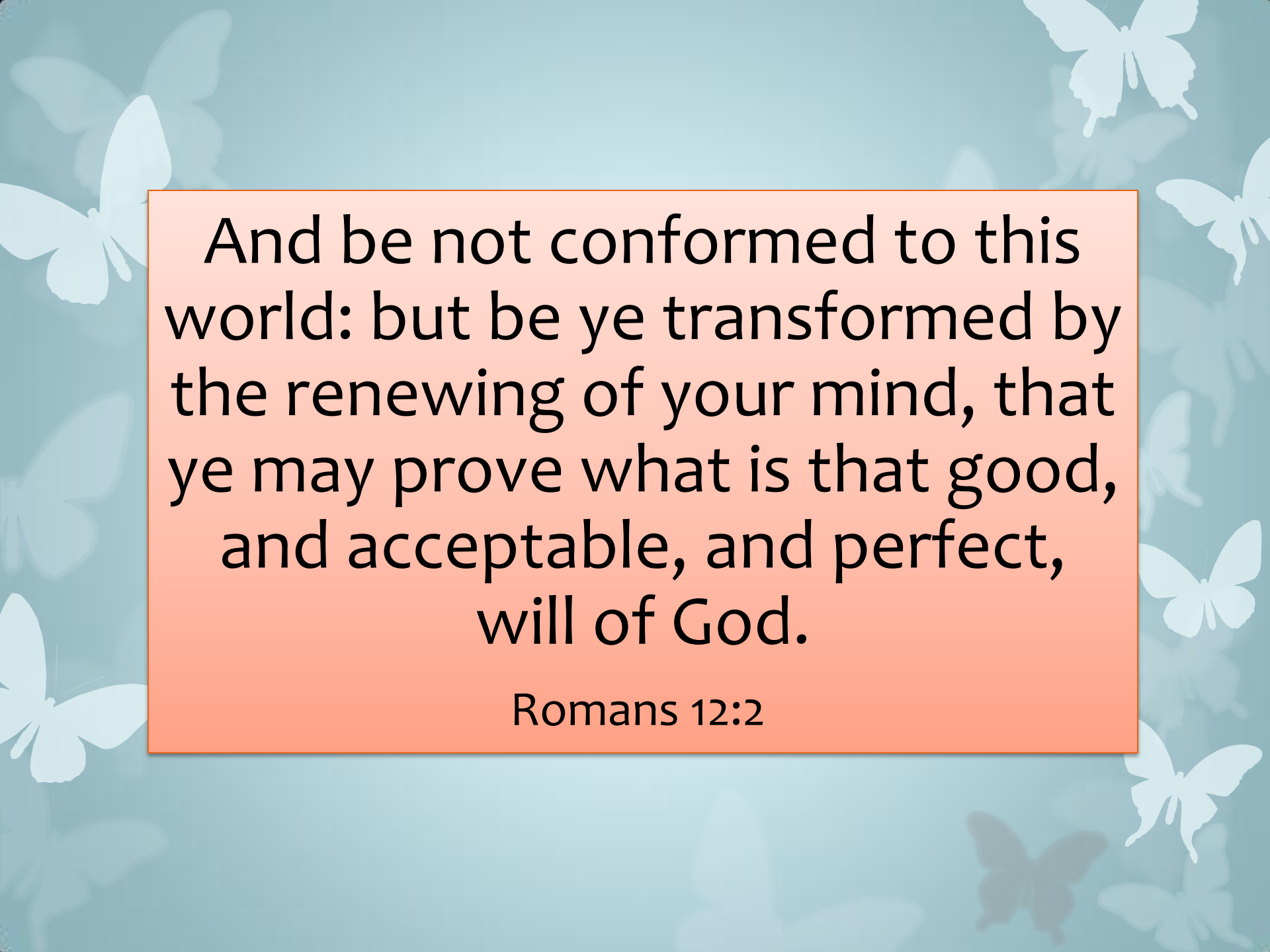
For thou shalt eat the labour of
thine hands: happy shalt thou
be, and it shall be well with
thee.

Psalm 128:2



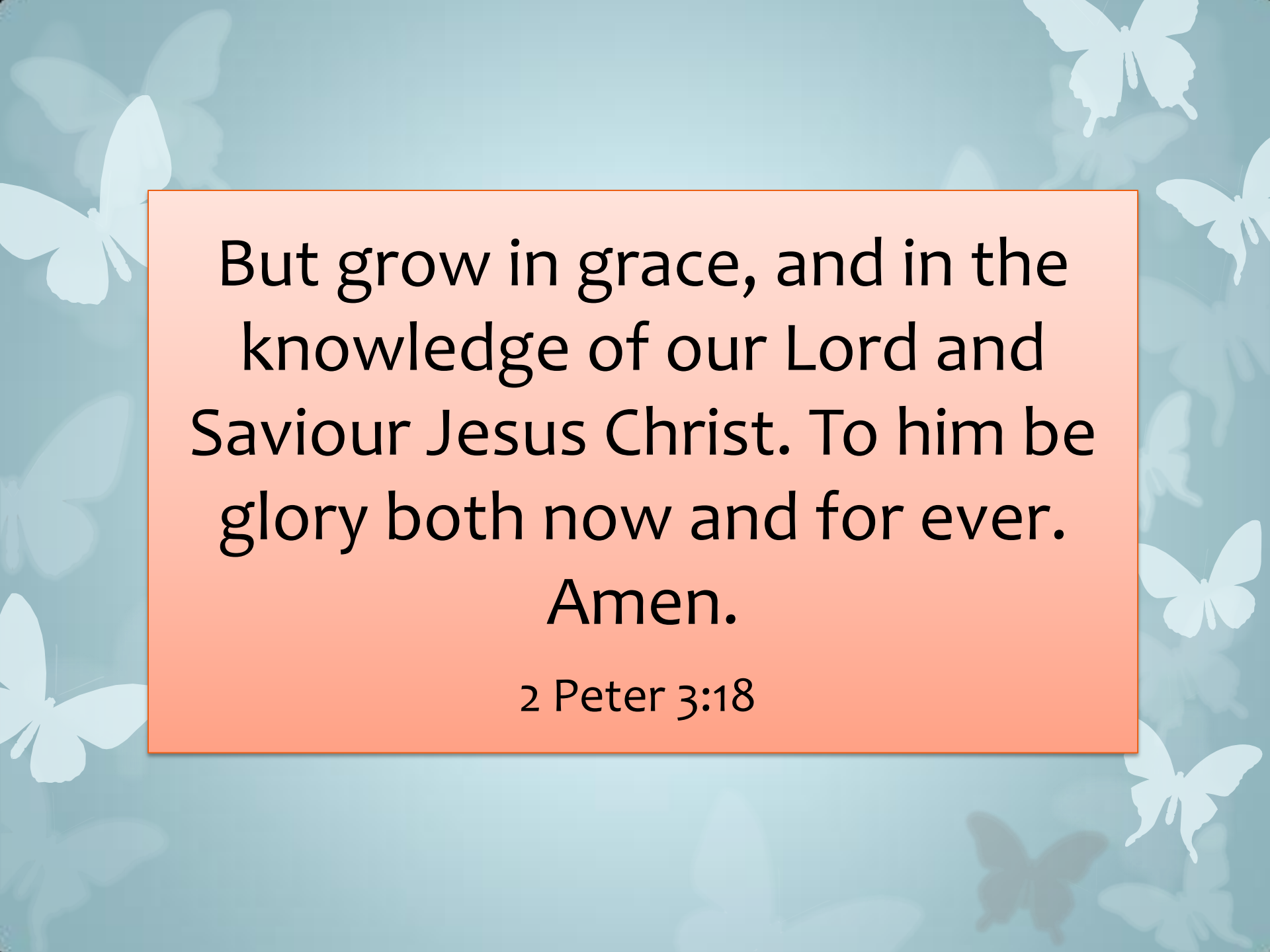
● A **hopeless** woman is constantly trying to change those around her for surely THEY must be the reason her life is so miserable.

● A **hopeful** woman grows more gracious as she hears the Word of God and conforms herself to be more like Christ.



And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

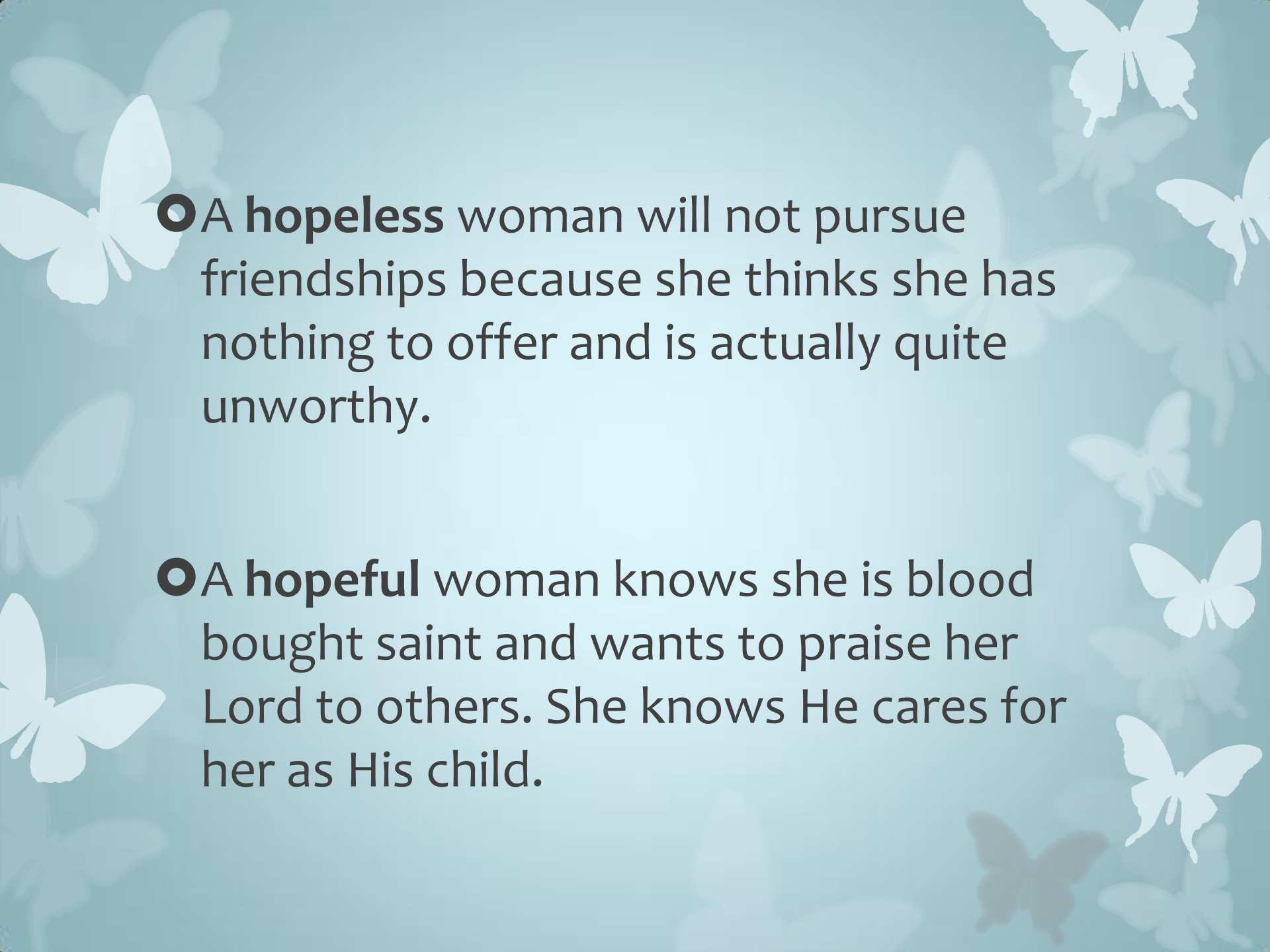
Romans 12:2



But grow in grace, and in the
knowledge of our Lord and
Saviour Jesus Christ. To him be
glory both now and for ever.

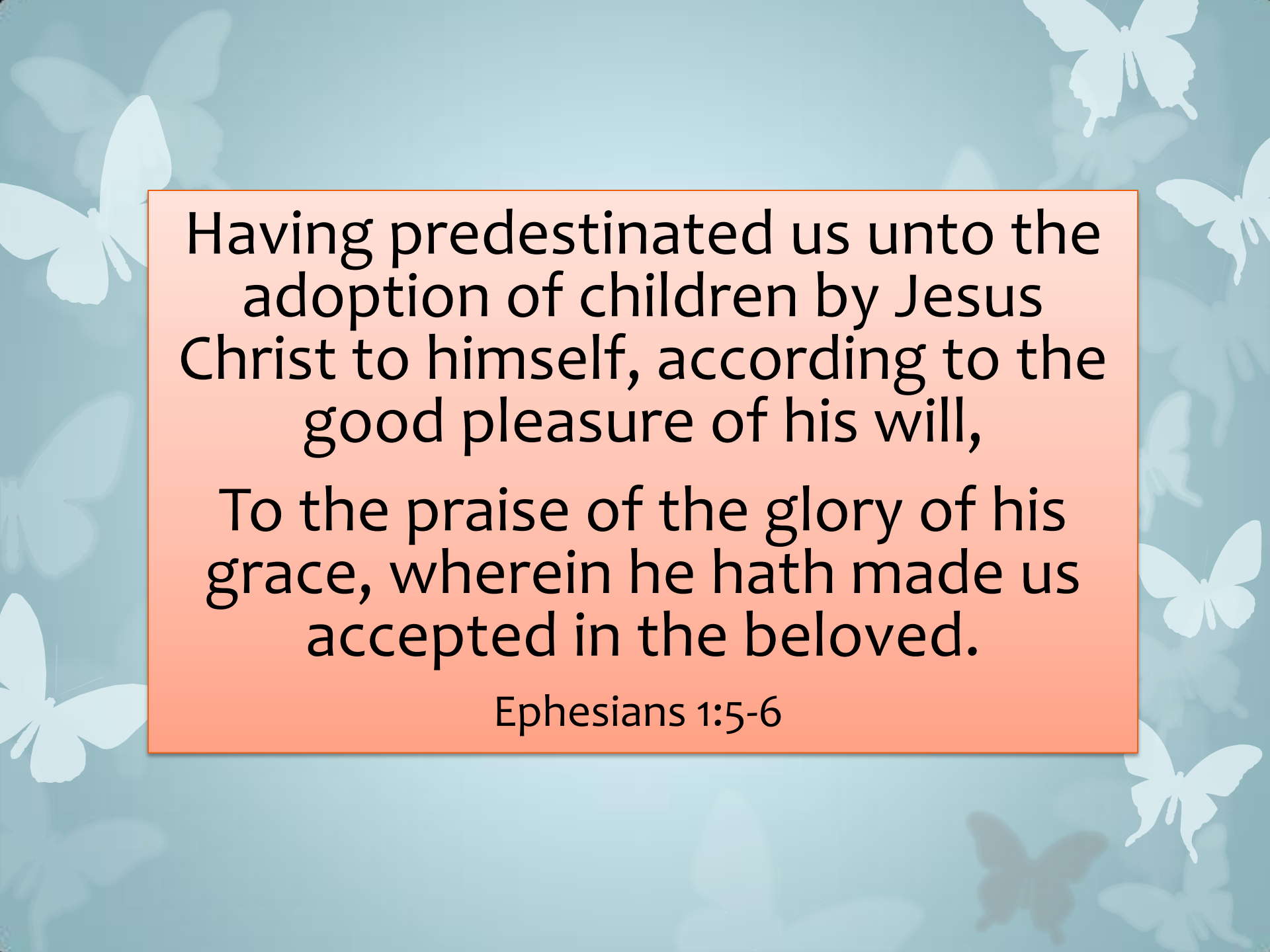
Amen.

2 Peter 3:18



● A **hopeless** woman will not pursue friendships because she thinks she has nothing to offer and is actually quite unworthy.

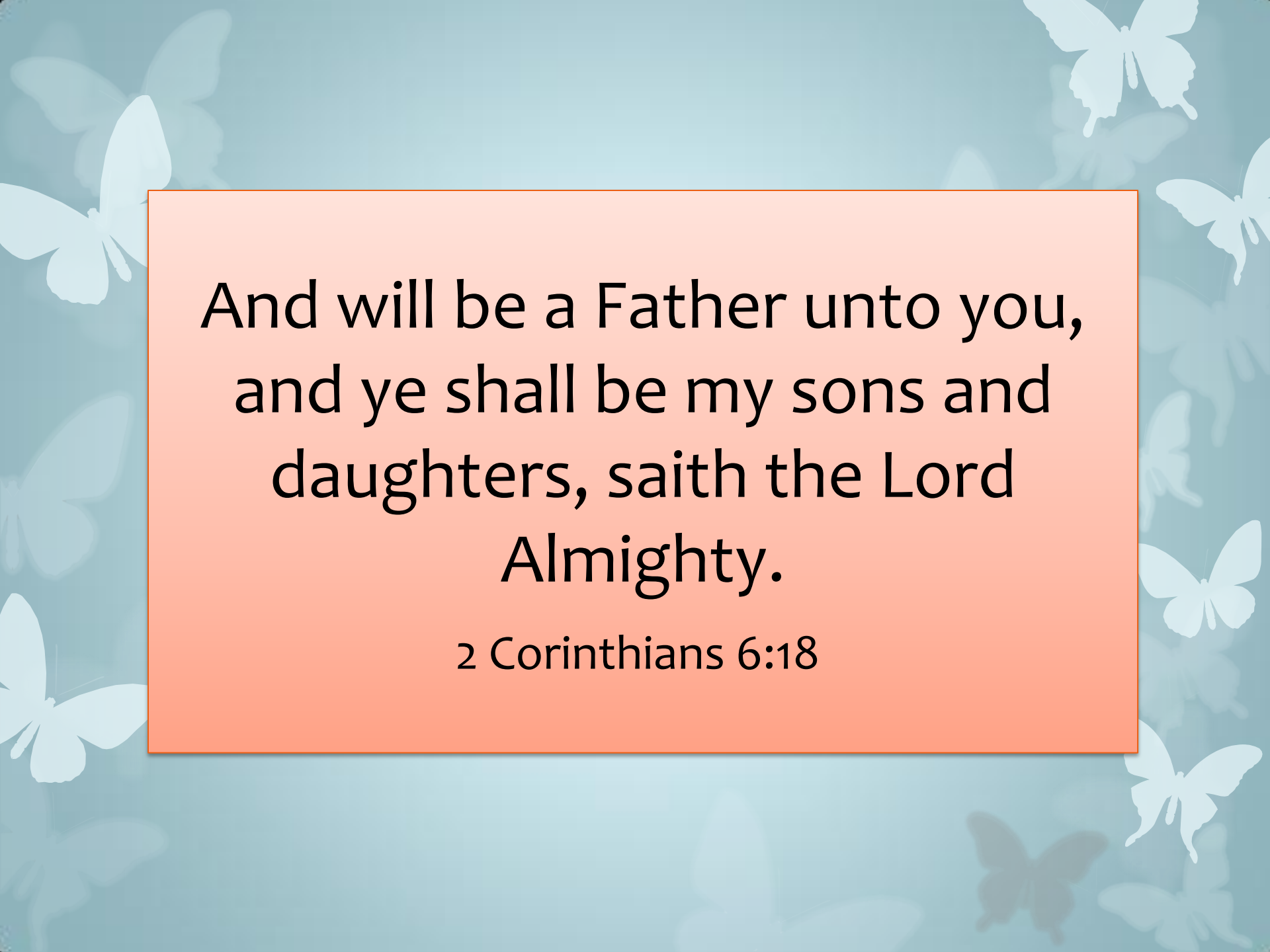
● A **hopeful** woman knows she is blood bought saint and wants to praise her Lord to others. She knows He cares for her as His child.



Having predestinated us unto the
adoption of children by Jesus
Christ to himself, according to the
good pleasure of his will,

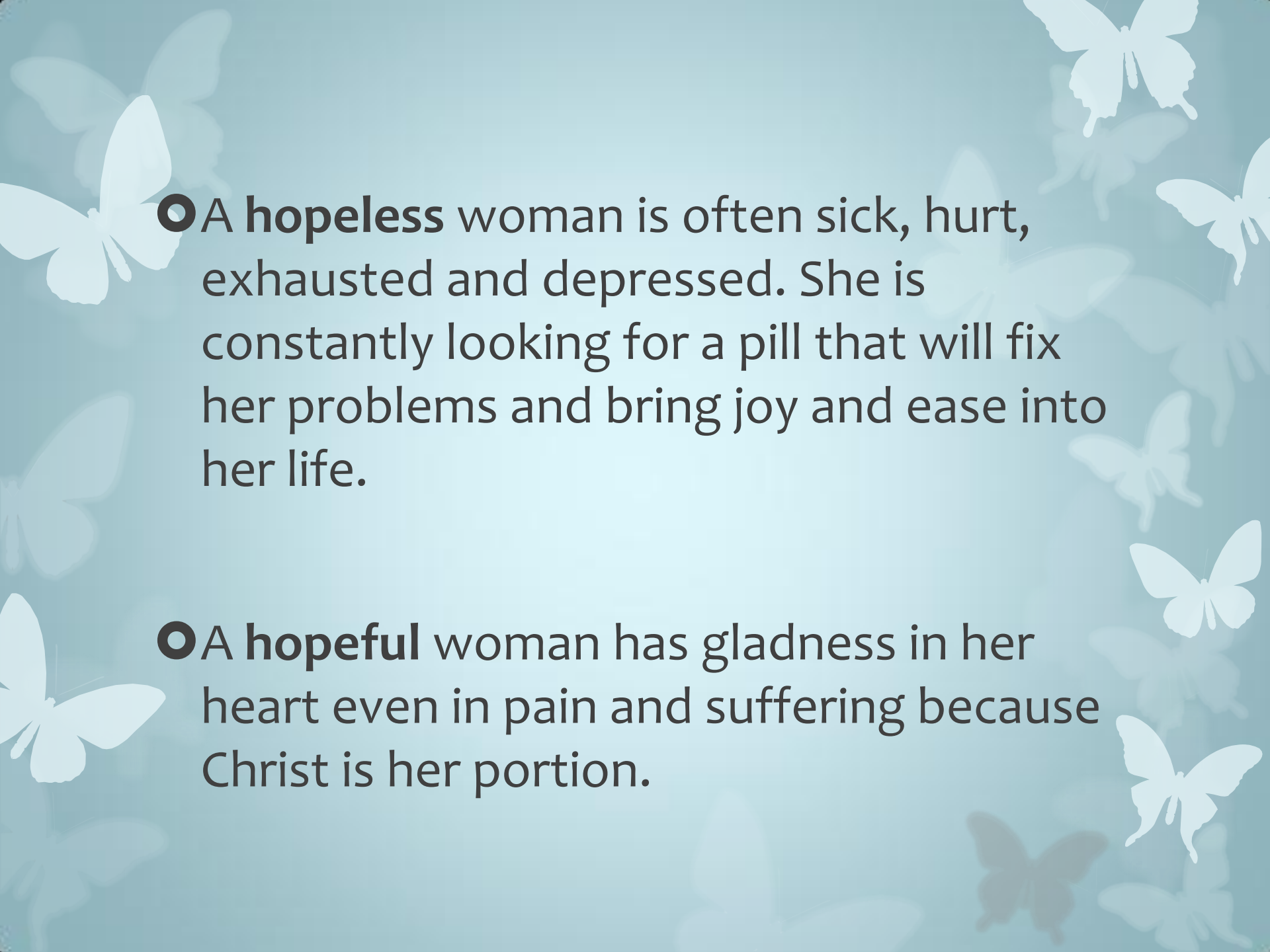
To the praise of the glory of his
grace, wherein he hath made us
accepted in the beloved.

Ephesians 1:5-6



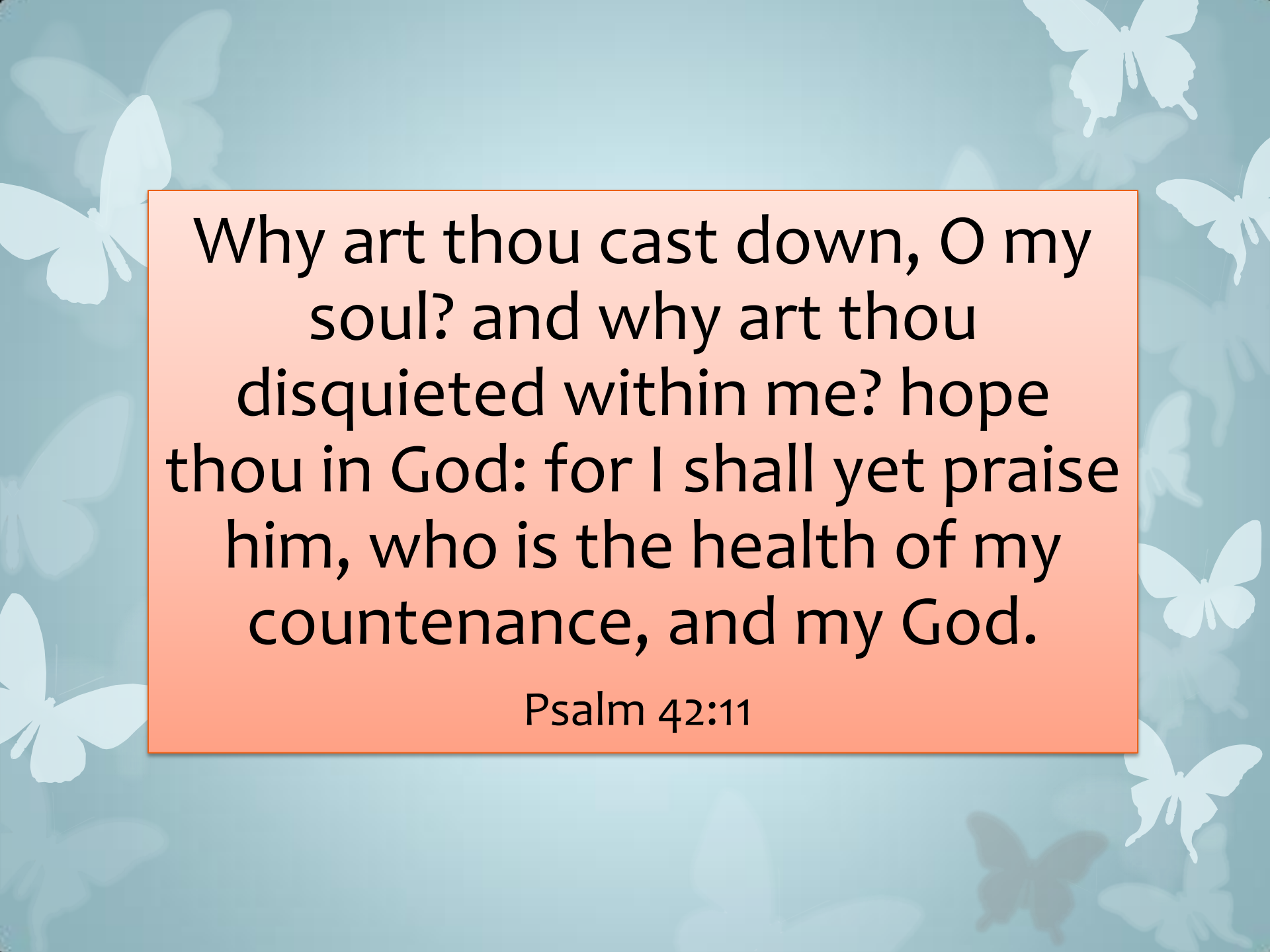
And will be a Father unto you,
and ye shall be my sons and
daughters, saith the Lord
Almighty.

2 Corinthians 6:18



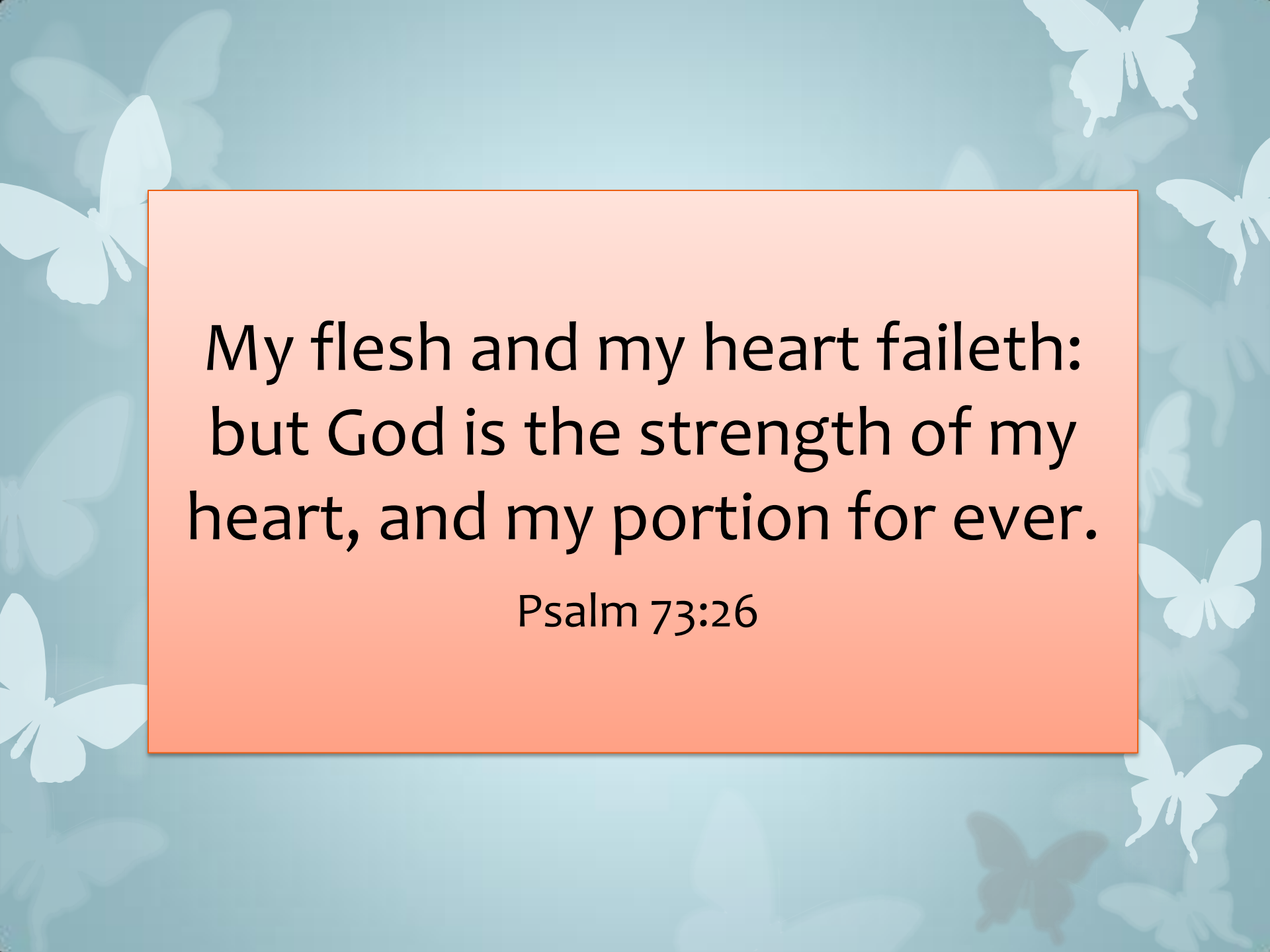
● A **hopeless** woman is often sick, hurt, exhausted and depressed. She is constantly looking for a pill that will fix her problems and bring joy and ease into her life.

● A **hopeful** woman has gladness in her heart even in pain and suffering because Christ is her portion.



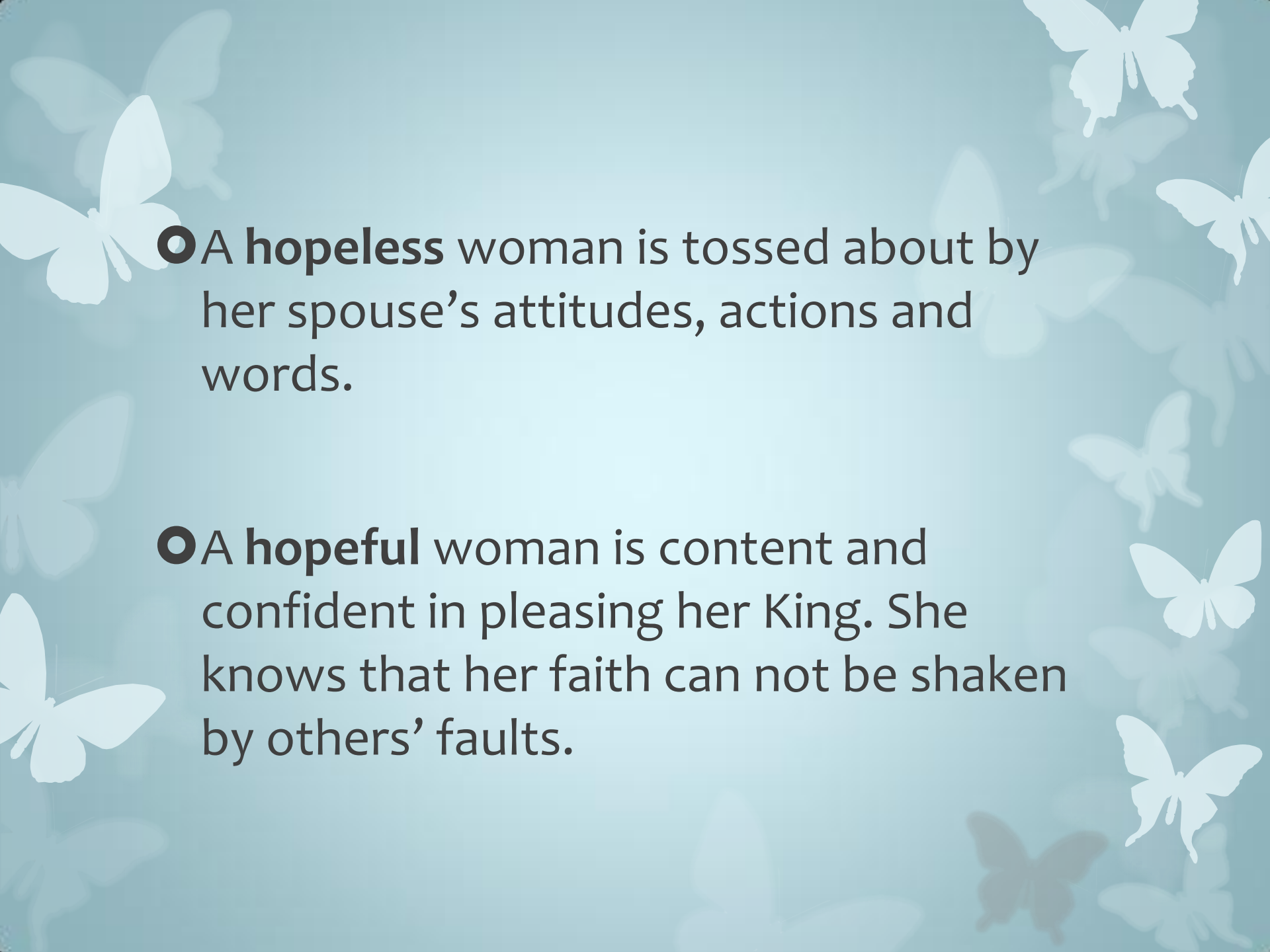
Why art thou cast down, O my
soul? and why art thou
disquieted within me? hope
thou in God: for I shall yet praise
him, who is the health of my
countenance, and my God.

Psalm 42:11



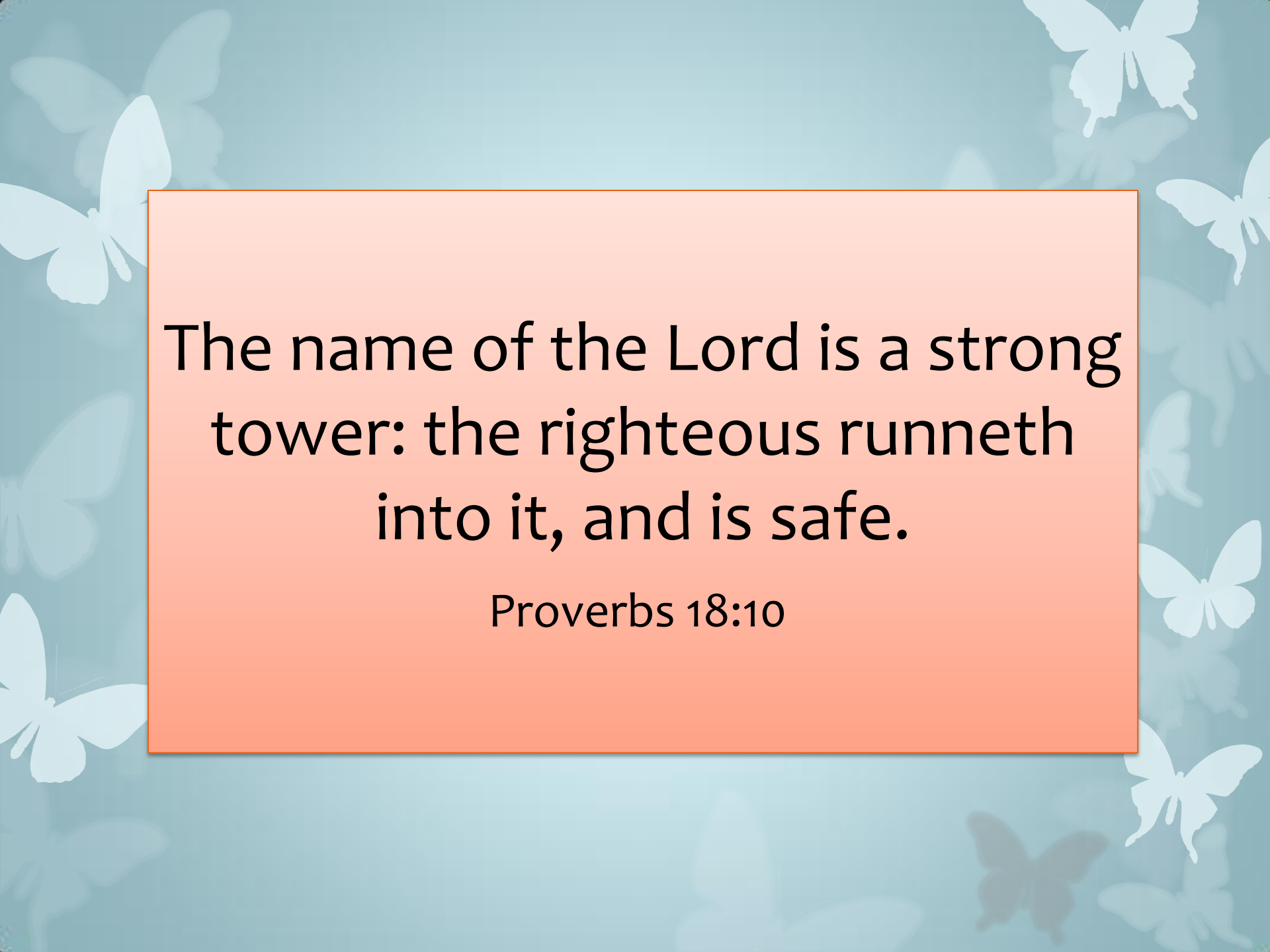
My flesh and my heart faileth:
but God is the strength of my
heart, and my portion for ever.

Psalm 73:26

The background of the slide is a light blue gradient with several white butterfly silhouettes scattered across it. The butterflies are of various sizes and orientations, some appearing to fly towards the right and others away from it. The overall aesthetic is clean and serene.

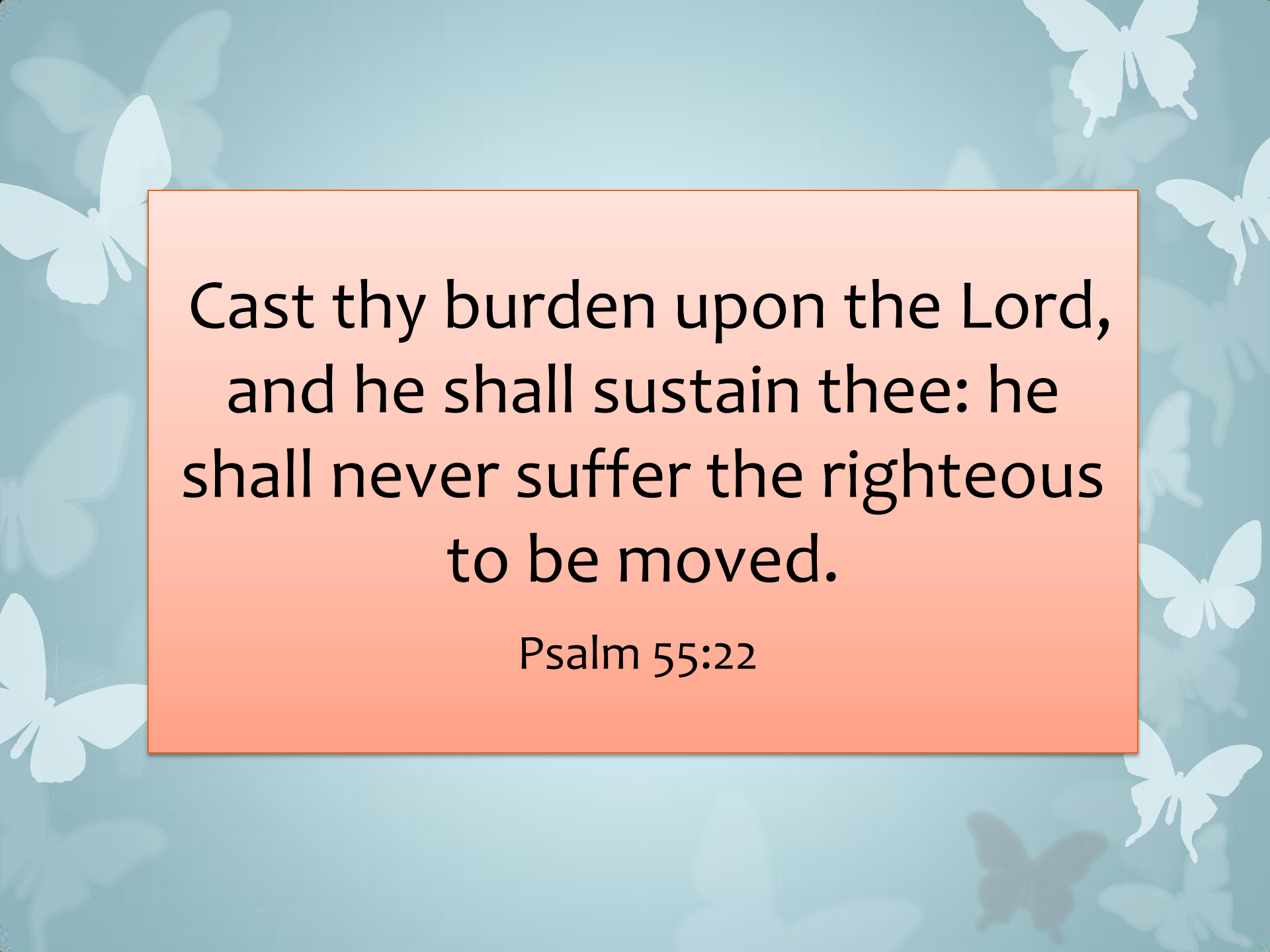
● A **hopeless** woman is tossed about by her spouse's attitudes, actions and words.

● A **hopeful** woman is content and confident in pleasing her King. She knows that her faith can not be shaken by others' faults.



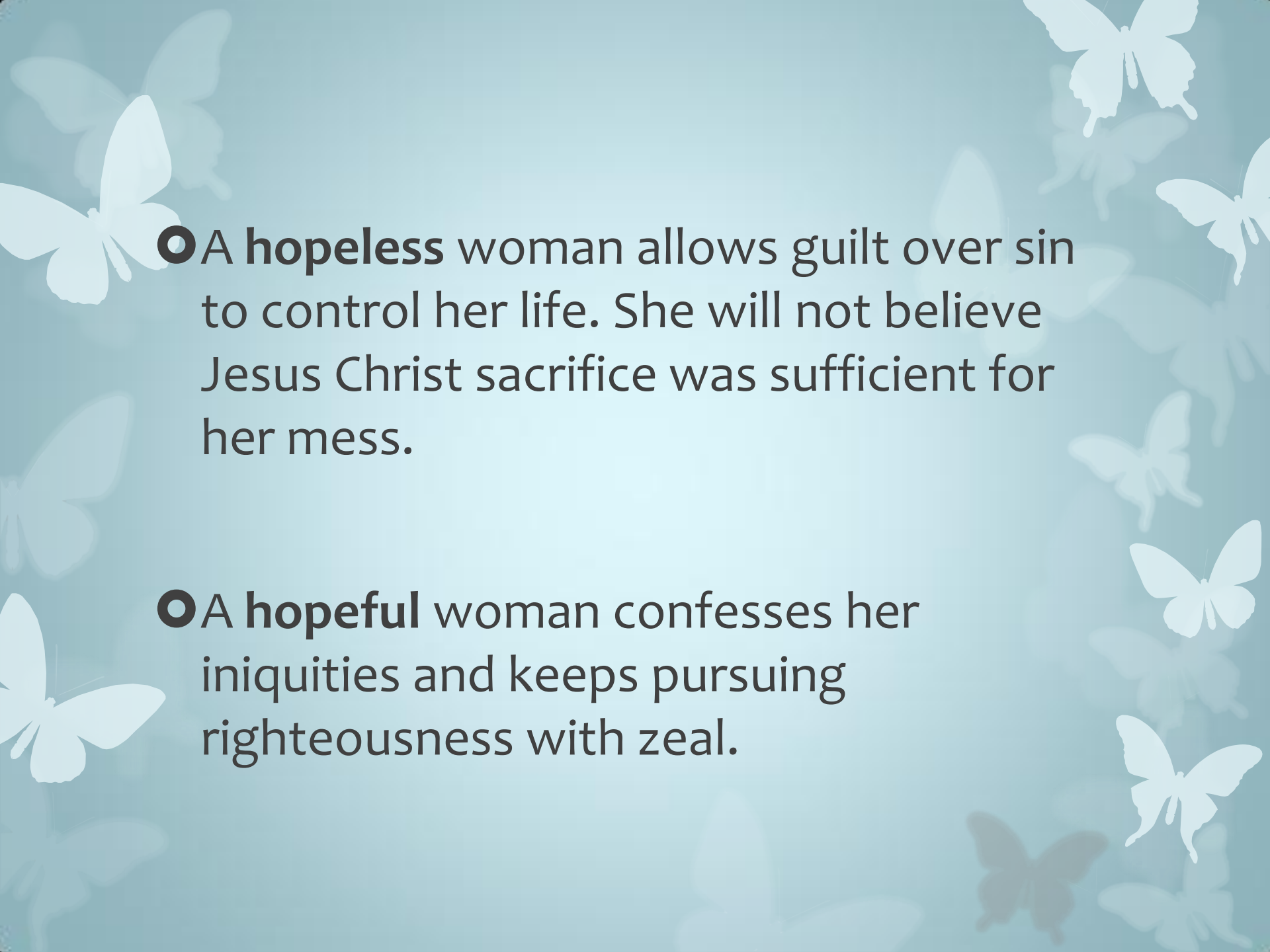
The name of the Lord is a strong
tower: the righteous runneth
into it, and is safe.

Proverbs 18:10



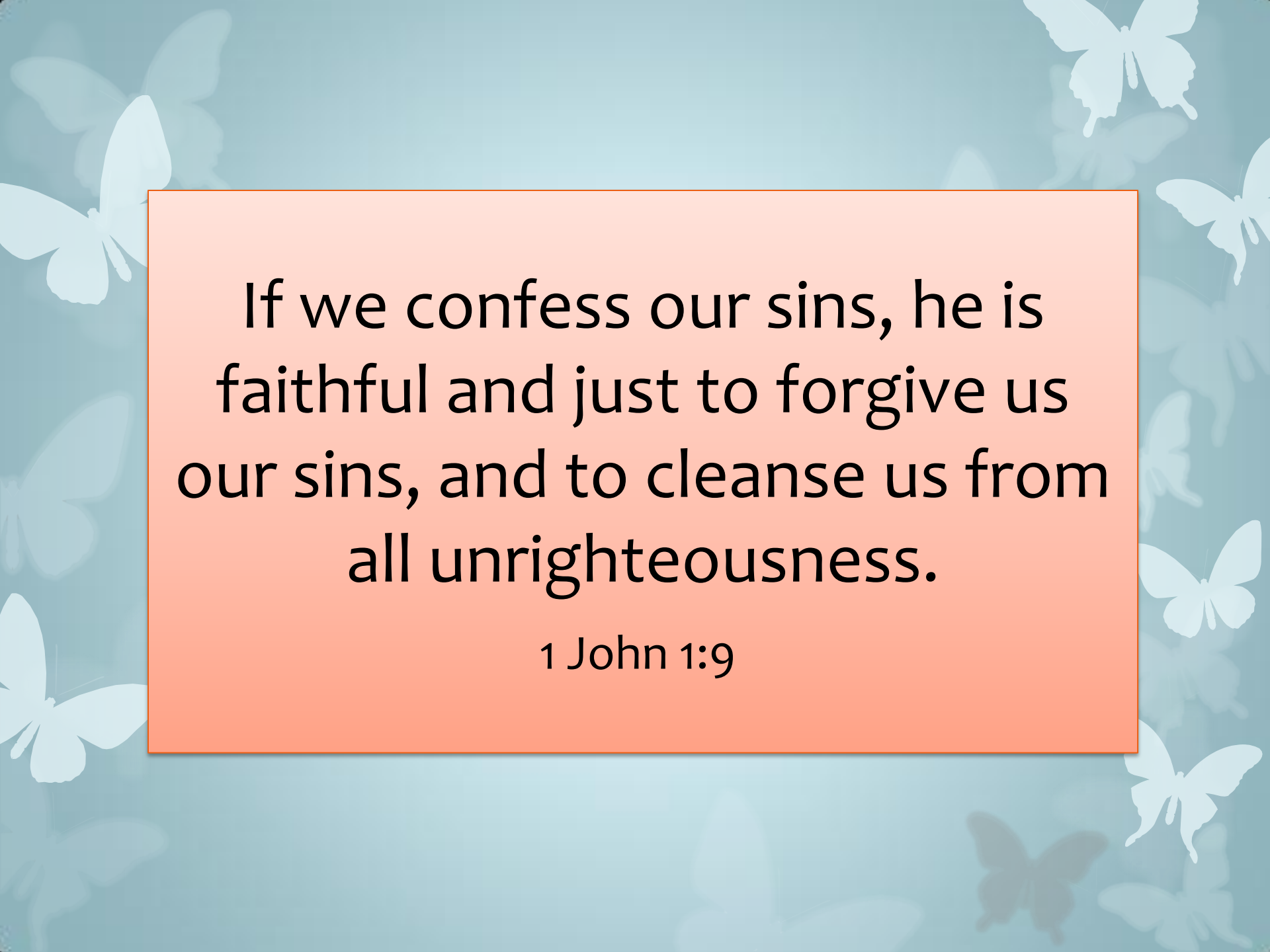
Cast thy burden upon the Lord,
and he shall sustain thee: he
shall never suffer the righteous
to be moved.

Psalm 55:22



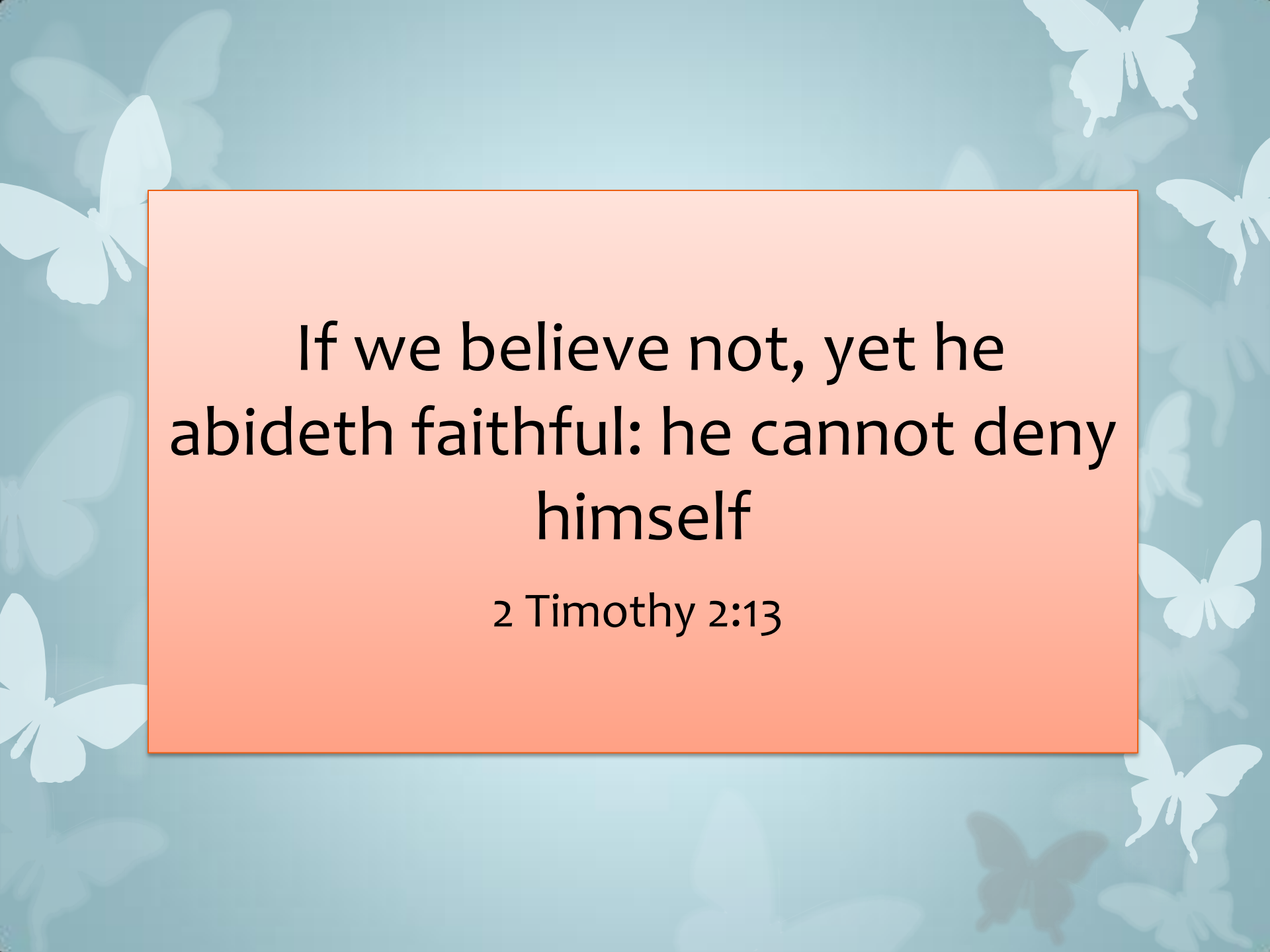
● A **hopeless** woman allows guilt over sin to control her life. She will not believe Jesus Christ sacrifice was sufficient for her mess.

● A **hopeful** woman confesses her iniquities and keeps pursuing righteousness with zeal.



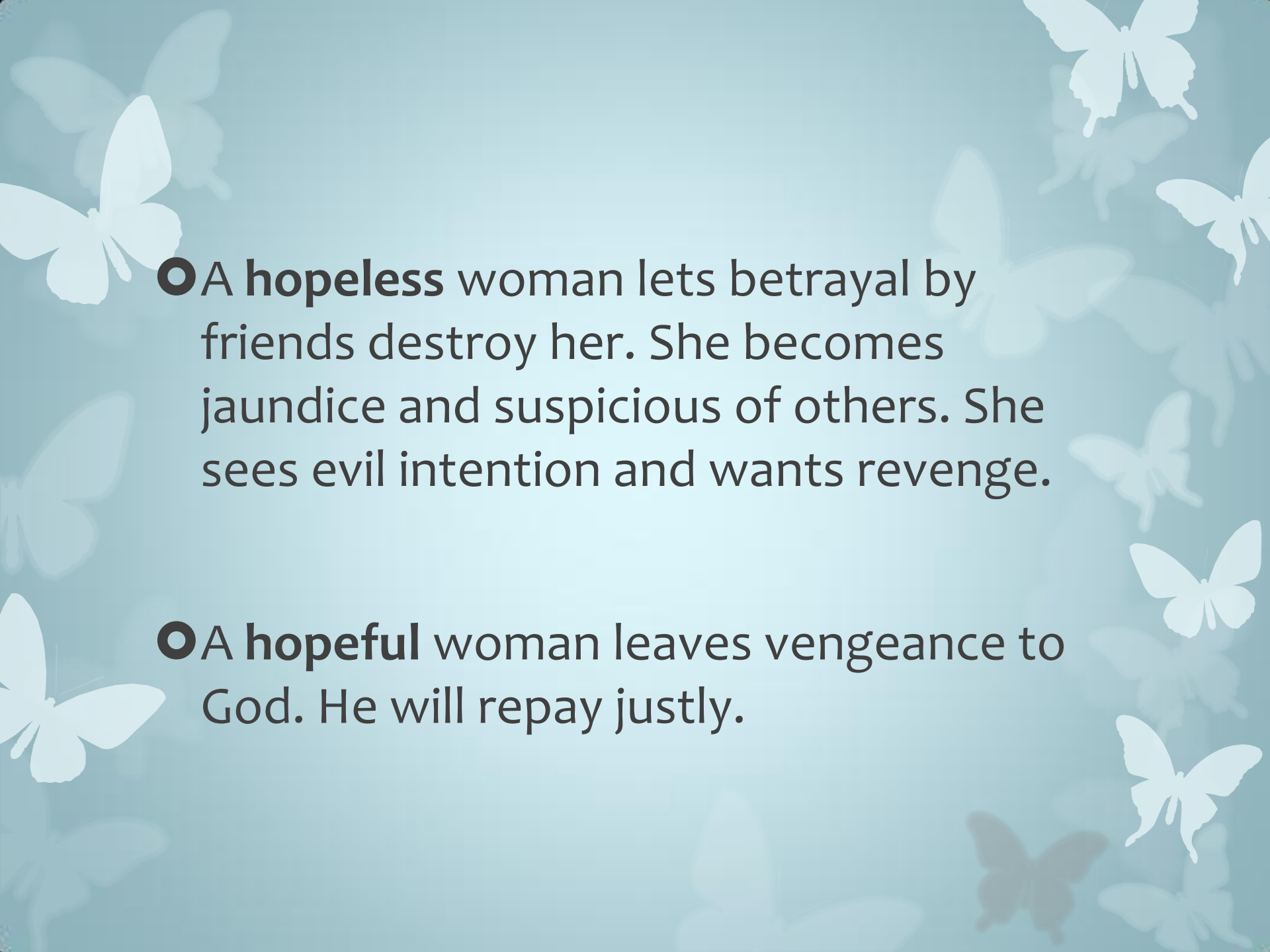
If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

1 John 1:9



If we believe not, yet he
abideth faithful: he cannot deny
himself

2 Timothy 2:13



● A **hopeless** woman lets betrayal by friends destroy her. She becomes jaundiced and suspicious of others. She sees evil intention and wants revenge.

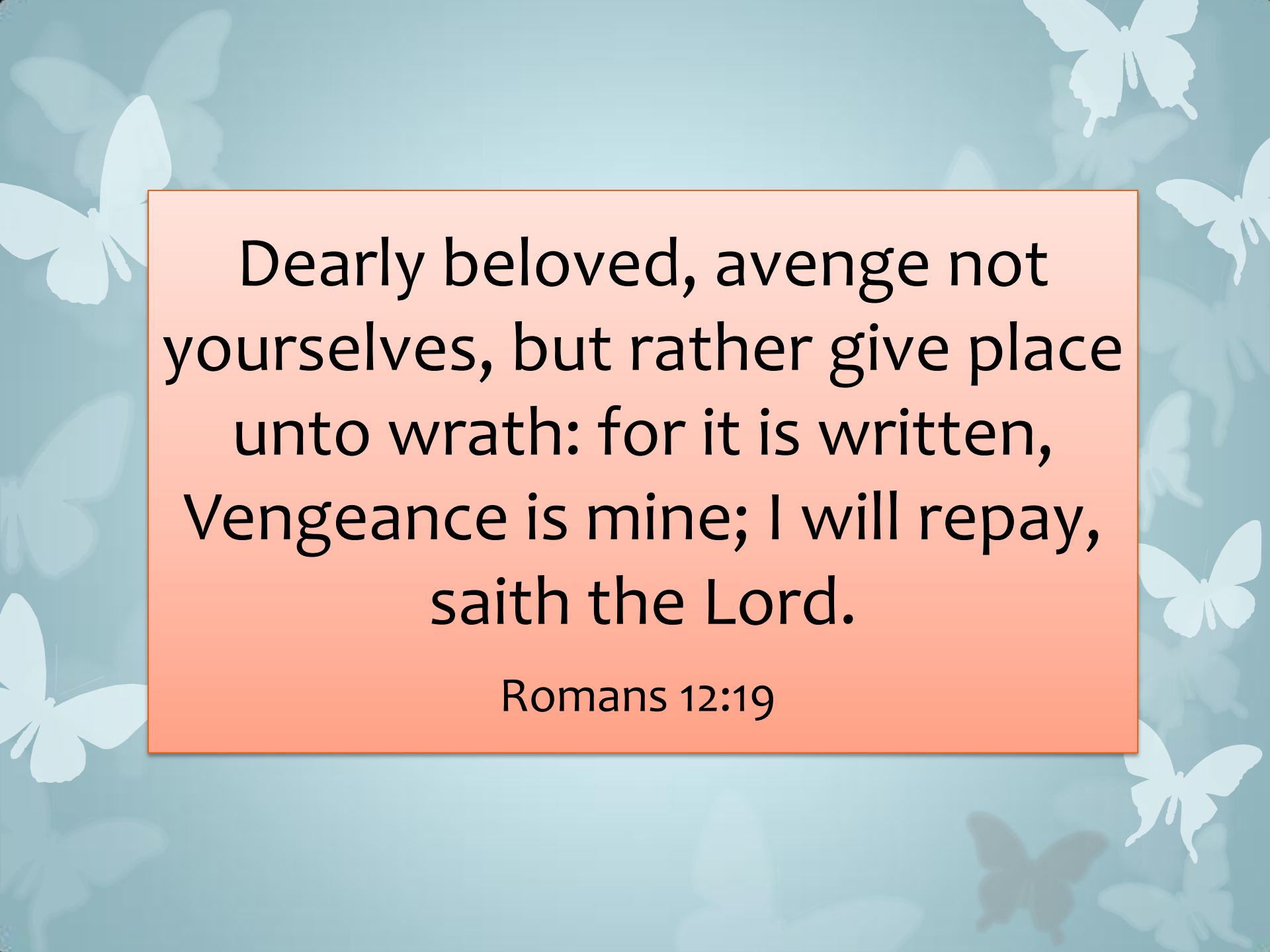
● A **hopeful** woman leaves vengeance to God. He will repay justly.

For it was not an enemy that reproached me;
then I could have borne it: neither was it he
that hated me that did magnify himself
against me; then I would have hid myself from
him:

But it was thou, a man mine equal, my guide,
and mine acquaintance.

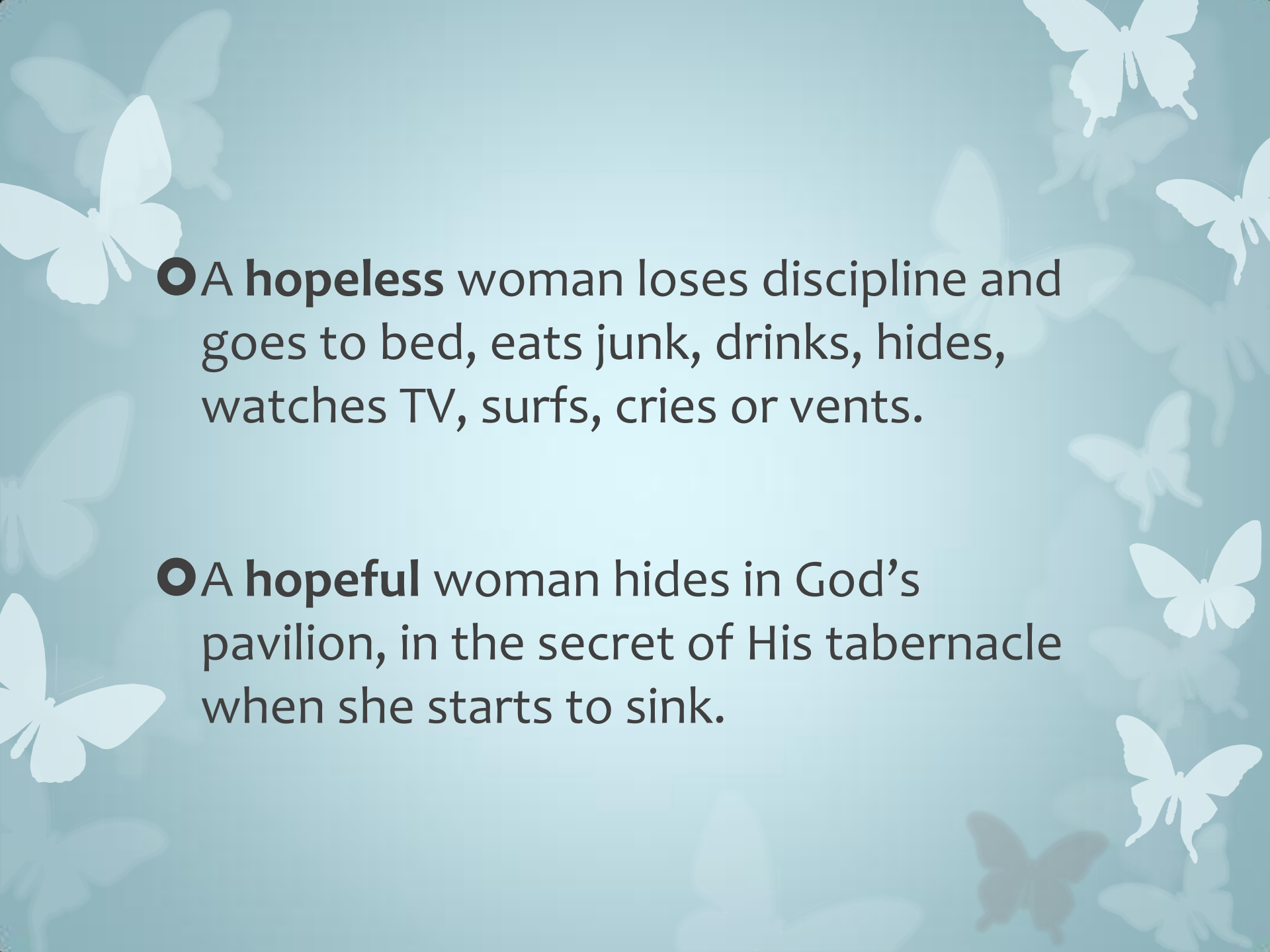
We took sweet counsel together, and walked
unto the house of God in company.

Psalm 55:12-14



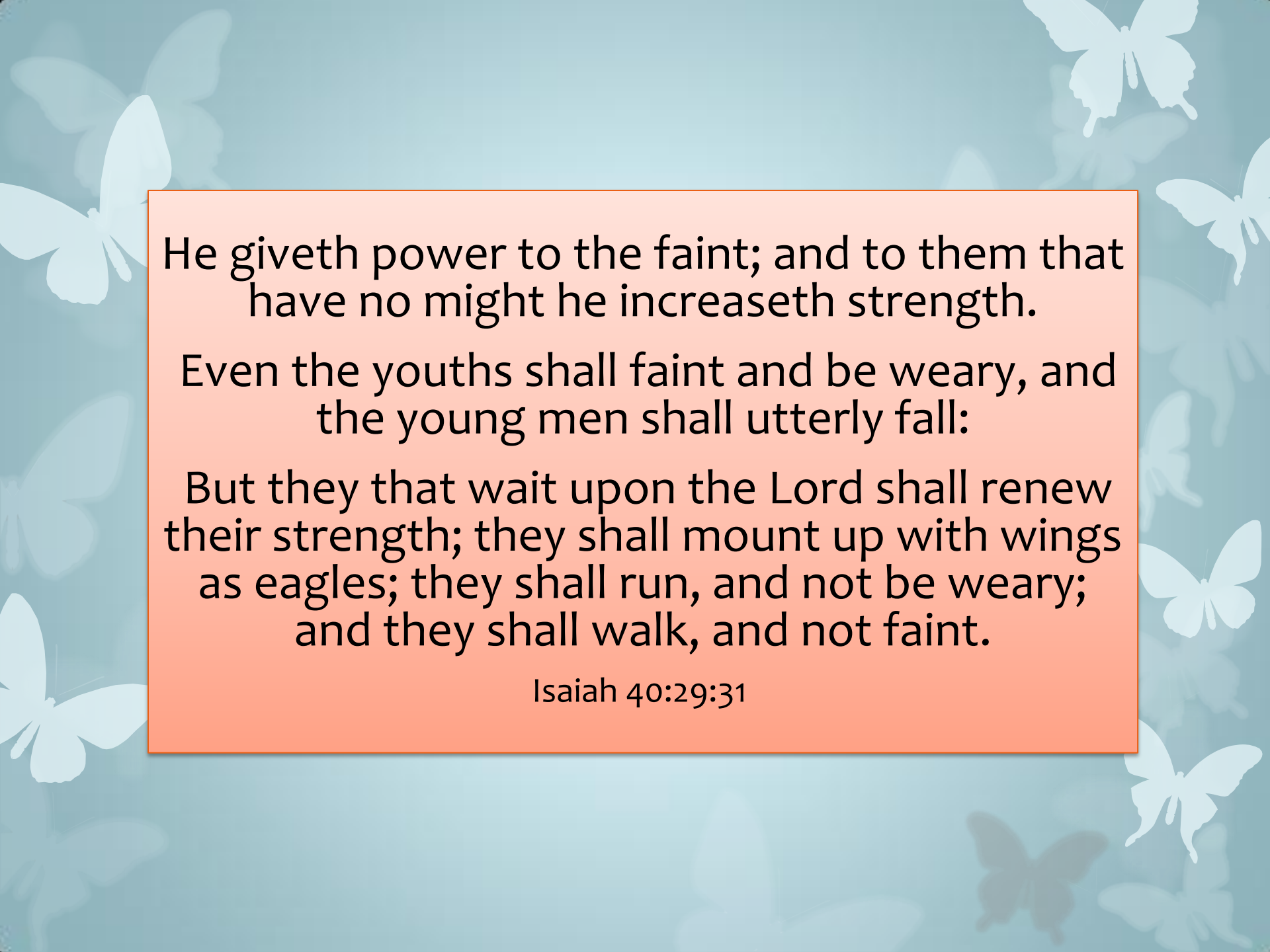
Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord.

Romans 12:19



● A **hopeless** woman loses discipline and goes to bed, eats junk, drinks, hides, watches TV, surfs, cries or vents.

● A **hopeful** woman hides in God's pavilion, in the secret of His tabernacle when she starts to sink.

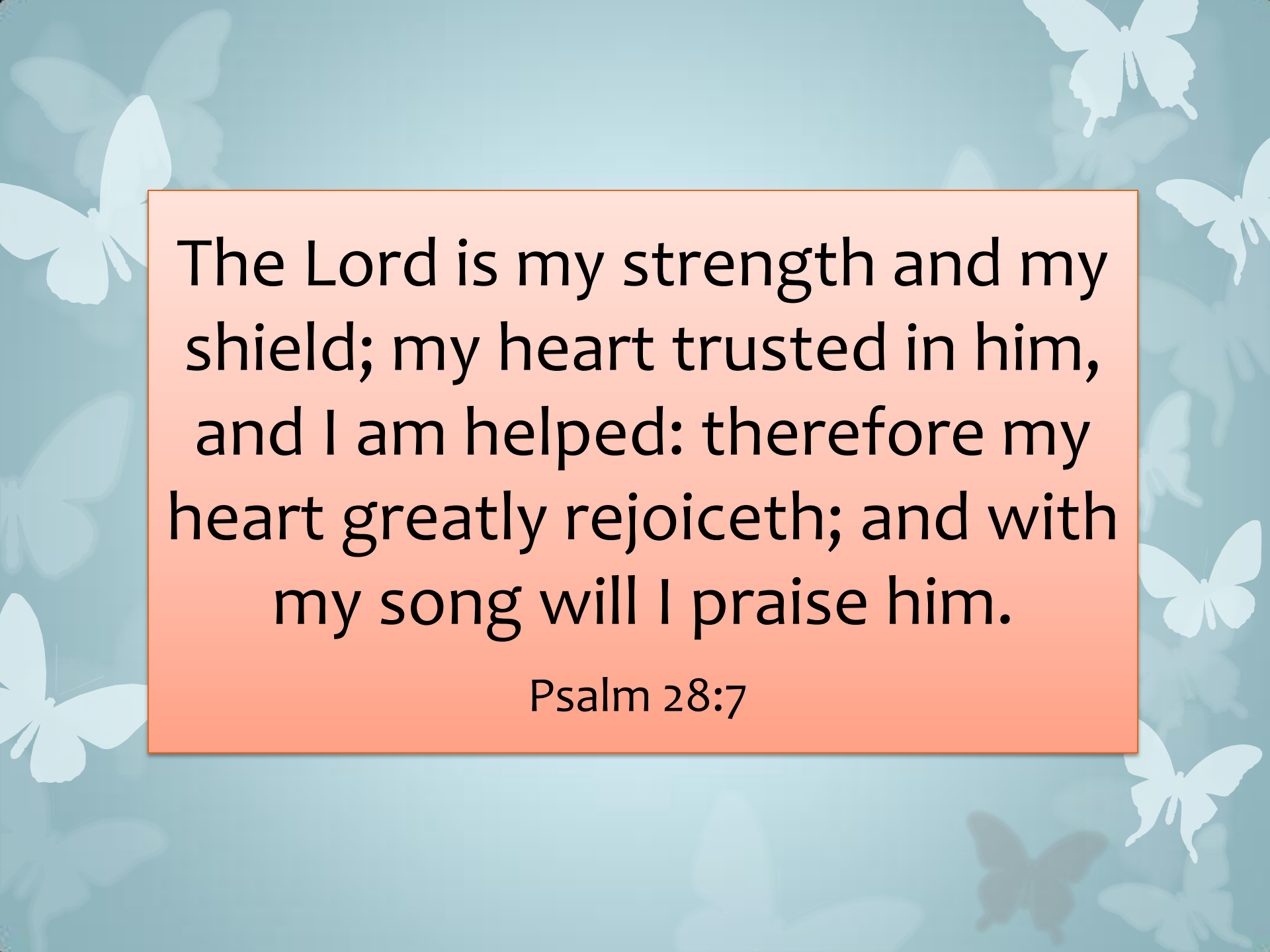


He giveth power to the faint; and to them that
have no might he increaseth strength.

Even the youths shall faint and be weary, and
the young men shall utterly fall:

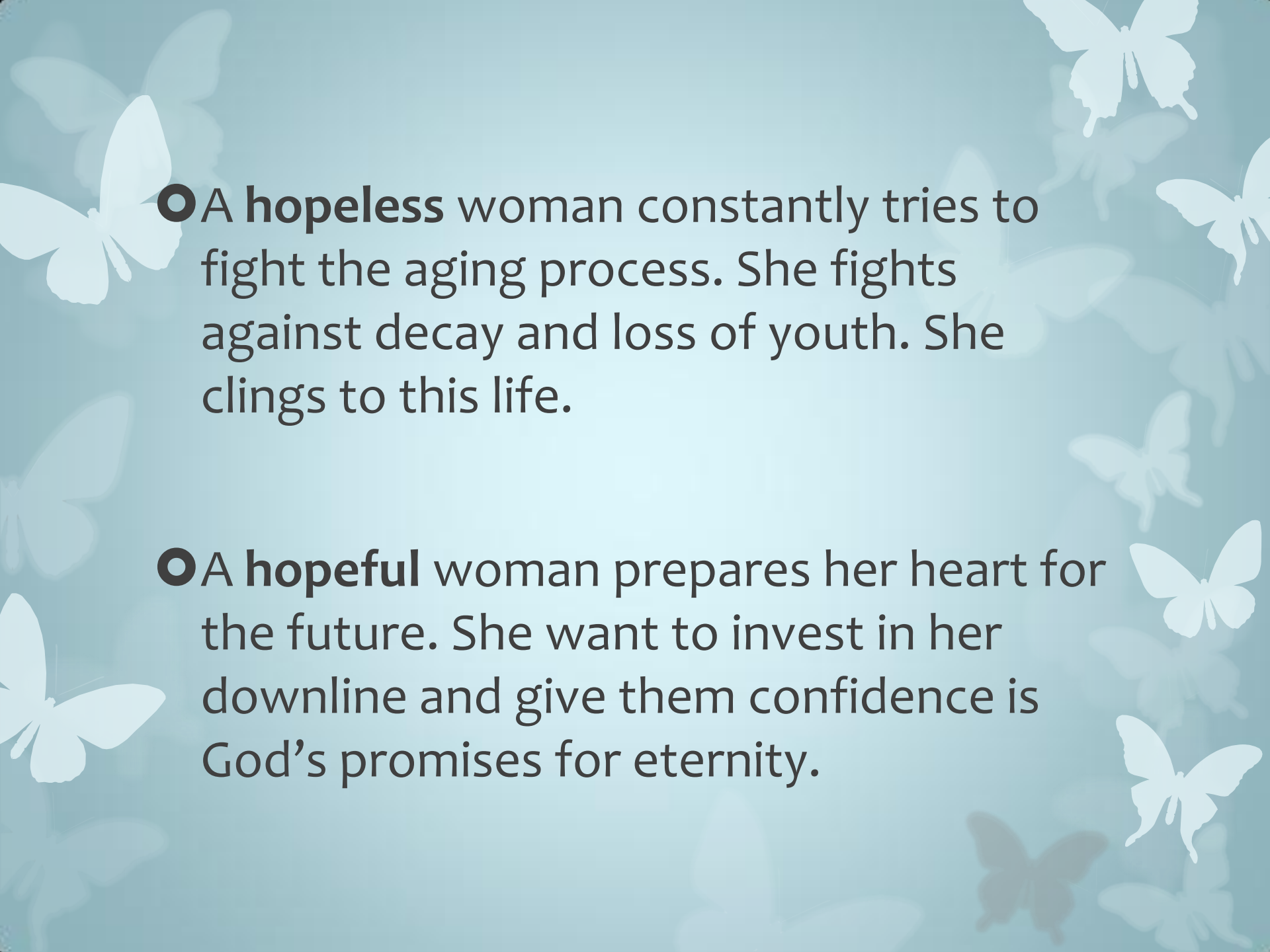
But they that wait upon the Lord shall renew
their strength; they shall mount up with wings
as eagles; they shall run, and not be weary;
and they shall walk, and not faint.

Isaiah 40:29:31



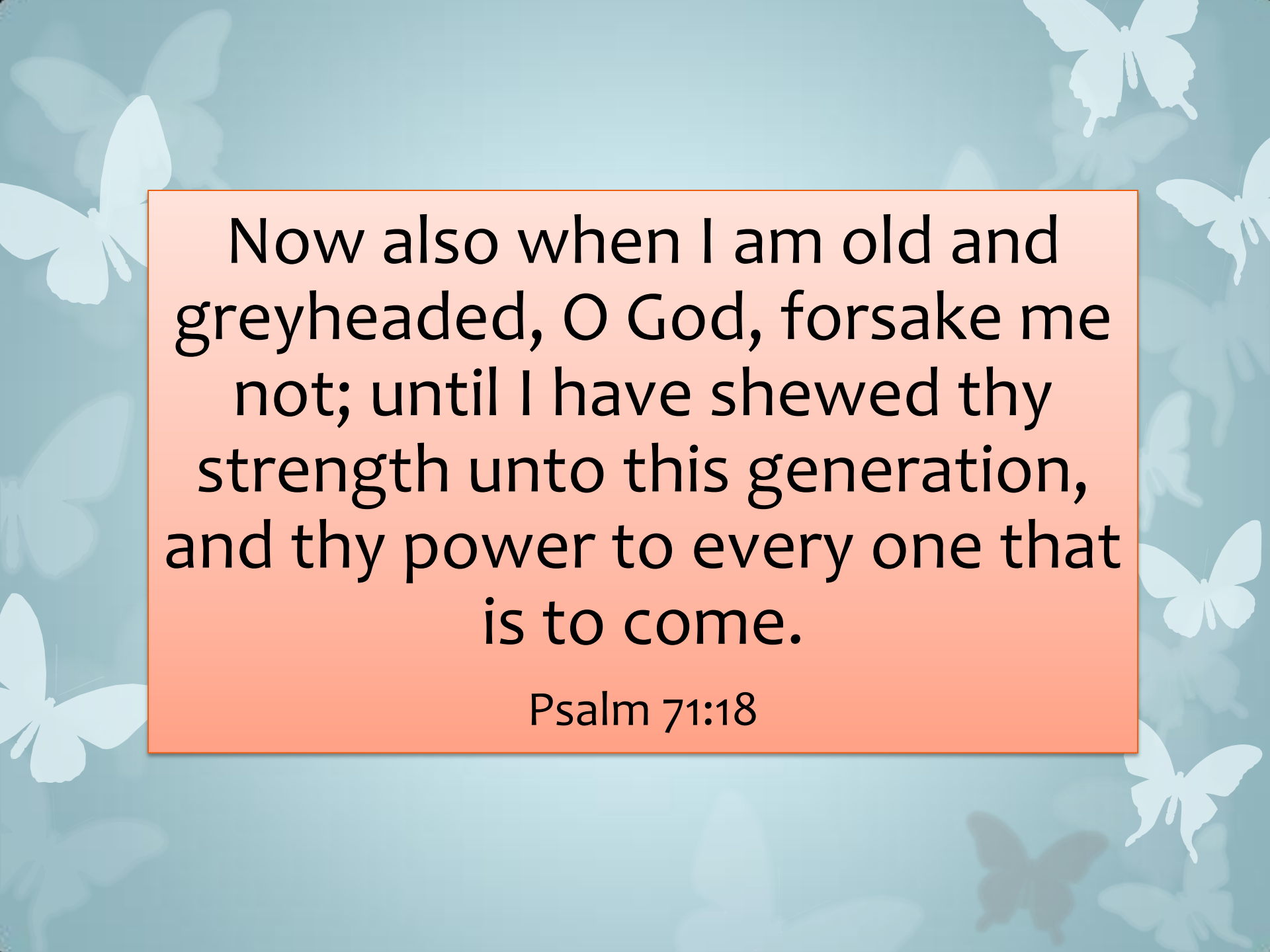
The Lord is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him.

Psalm 28:7



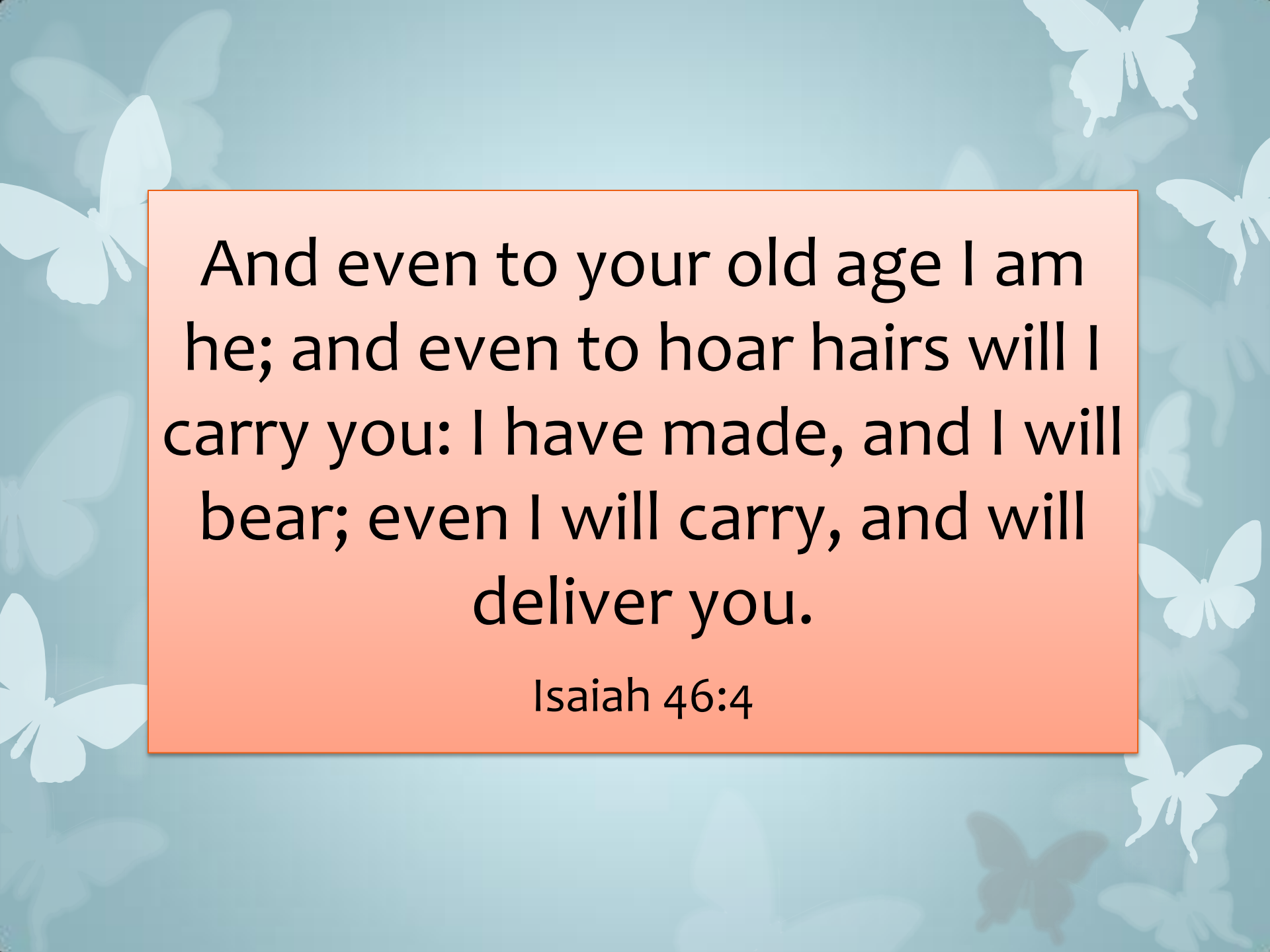
● A **hopeless** woman constantly tries to fight the aging process. She fights against decay and loss of youth. She clings to this life.

● A **hopeful** woman prepares her heart for the future. She want to invest in her downline and give them confidence is God's promises for eternity.



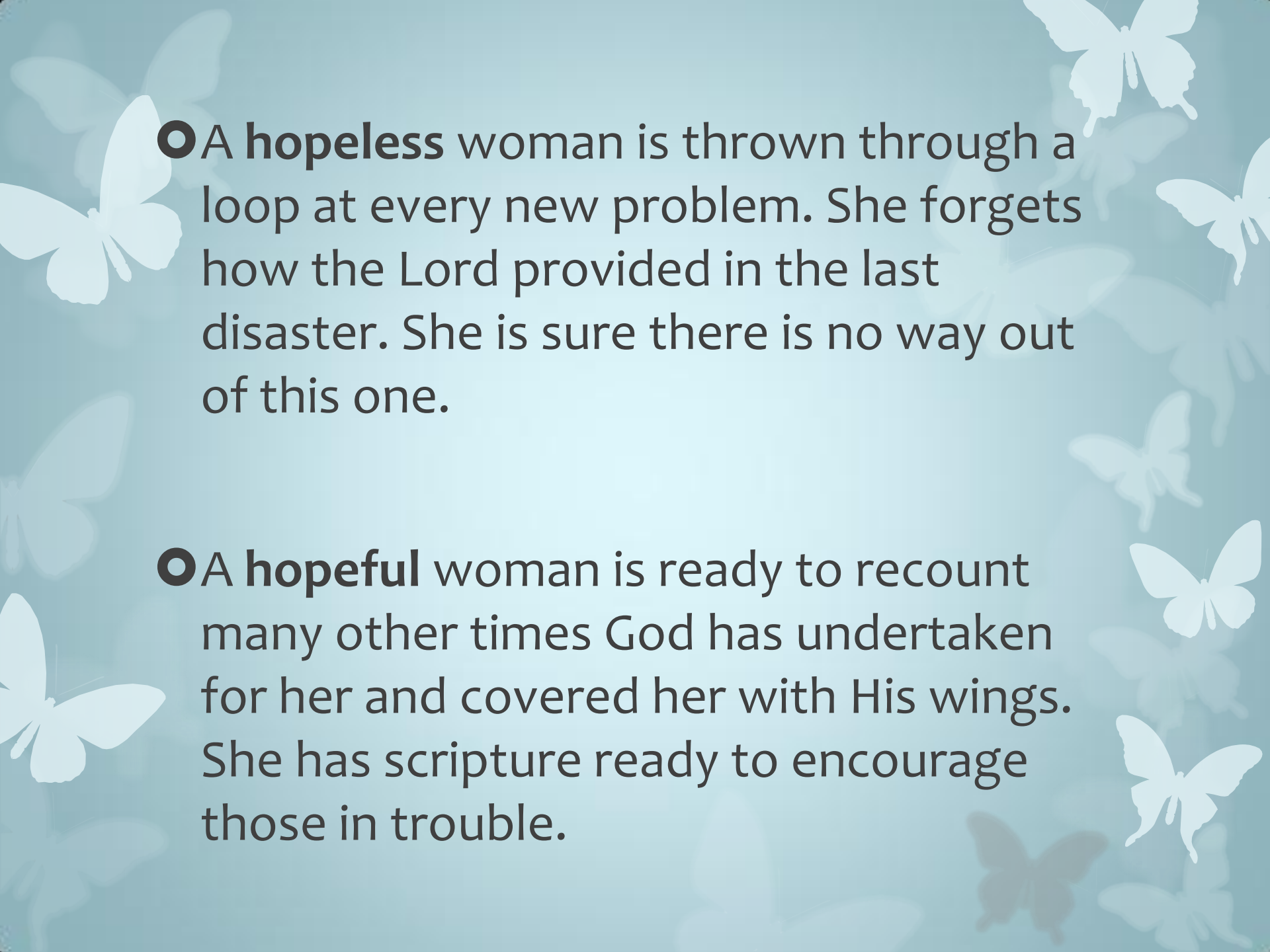
Now also when I am old and
greyheaded, O God, forsake me
not; until I have shewed thy
strength unto this generation,
and thy power to every one that
is to come.

Psalm 71:18



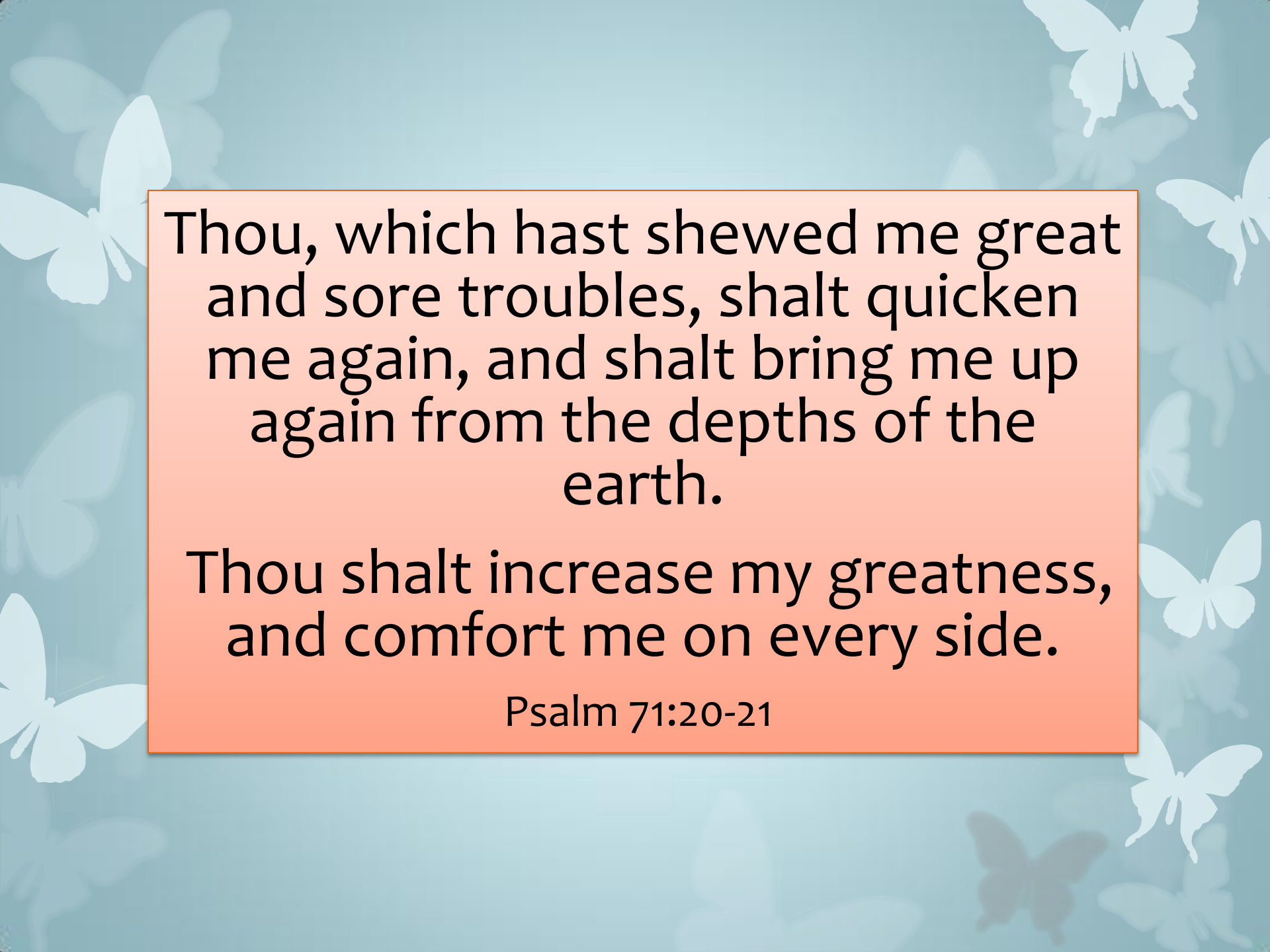
And even to your old age I am
he; and even to hoar hairs will I
carry you: I have made, and I will
bear; even I will carry, and will
deliver you.

Isaiah 46:4

The background of the slide is a light blue gradient with several white butterfly silhouettes scattered across it. The butterflies are in various sizes and orientations, some appearing to fly towards the right and others away from it. The overall aesthetic is clean and serene.

● A **hopeless** woman is thrown through a loop at every new problem. She forgets how the Lord provided in the last disaster. She is sure there is no way out of this one.

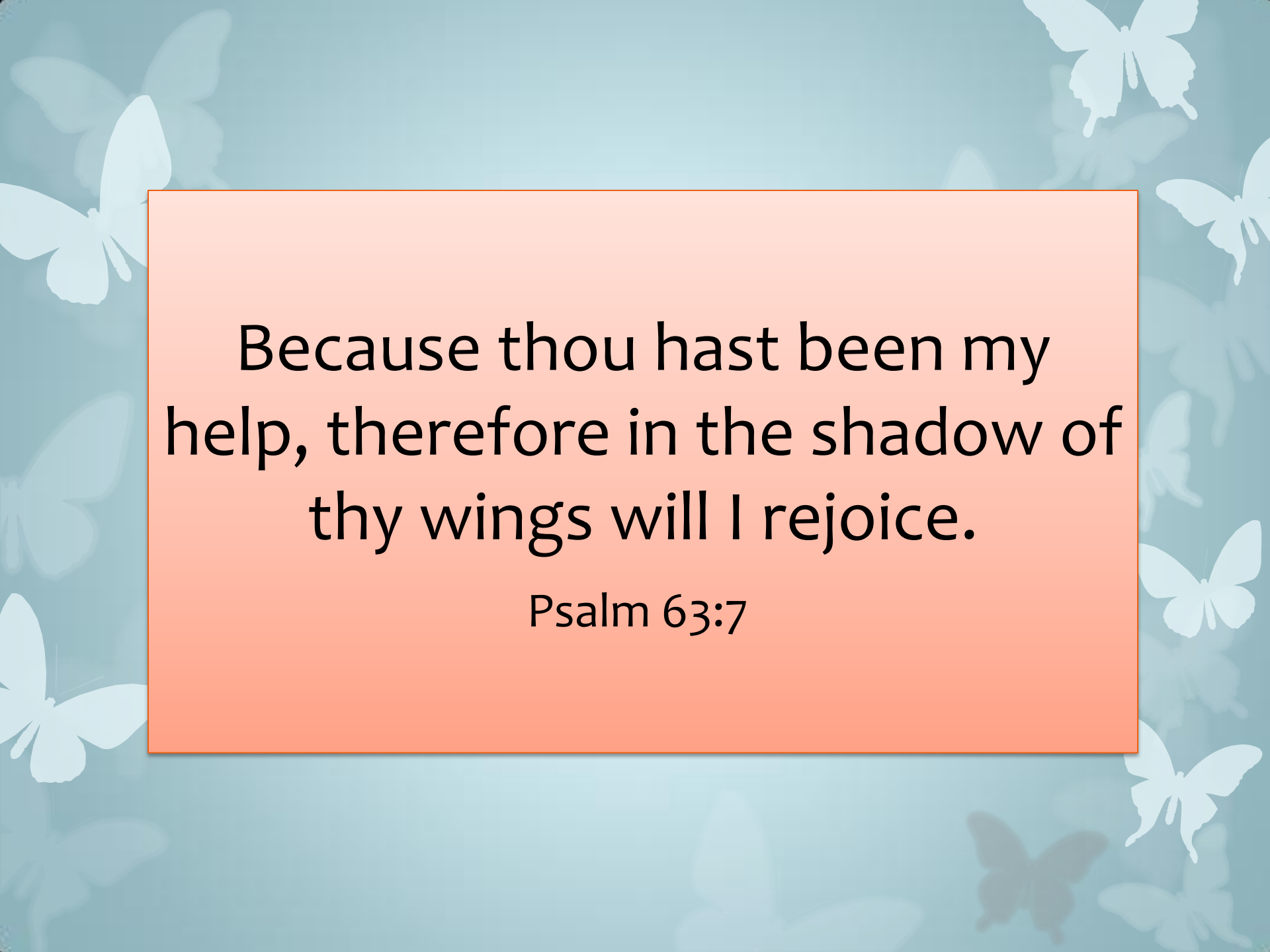
● A **hopeful** woman is ready to recount many other times God has undertaken for her and covered her with His wings. She has scripture ready to encourage those in trouble.



Thou, which hast shewed me great
and sore troubles, shalt quicken
me again, and shalt bring me up
again from the depths of the
earth.

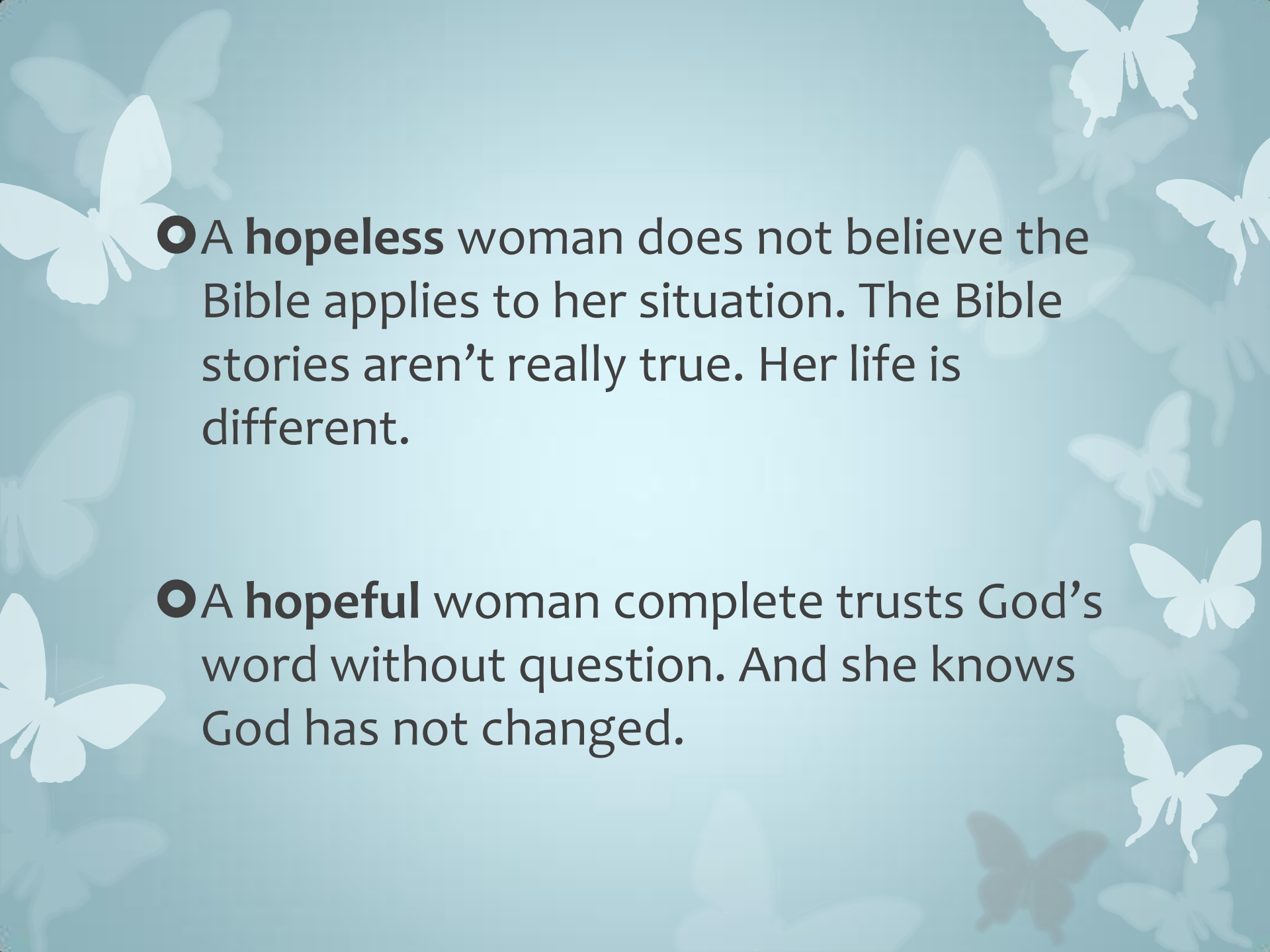
Thou shalt increase my greatness,
and comfort me on every side.

Psalm 71:20-21



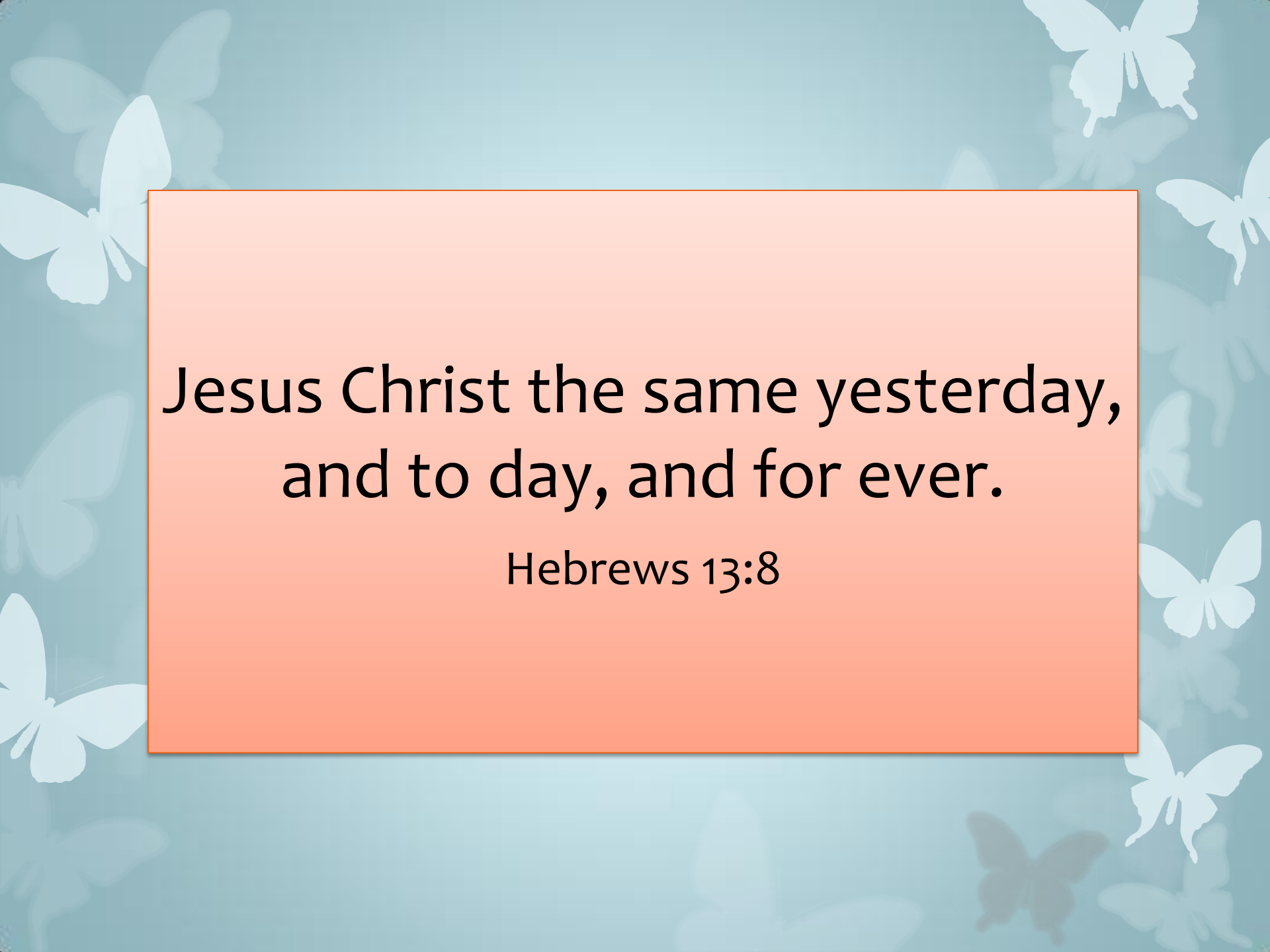
Because thou hast been my
help, therefore in the shadow of
thy wings will I rejoice.

Psalm 63:7



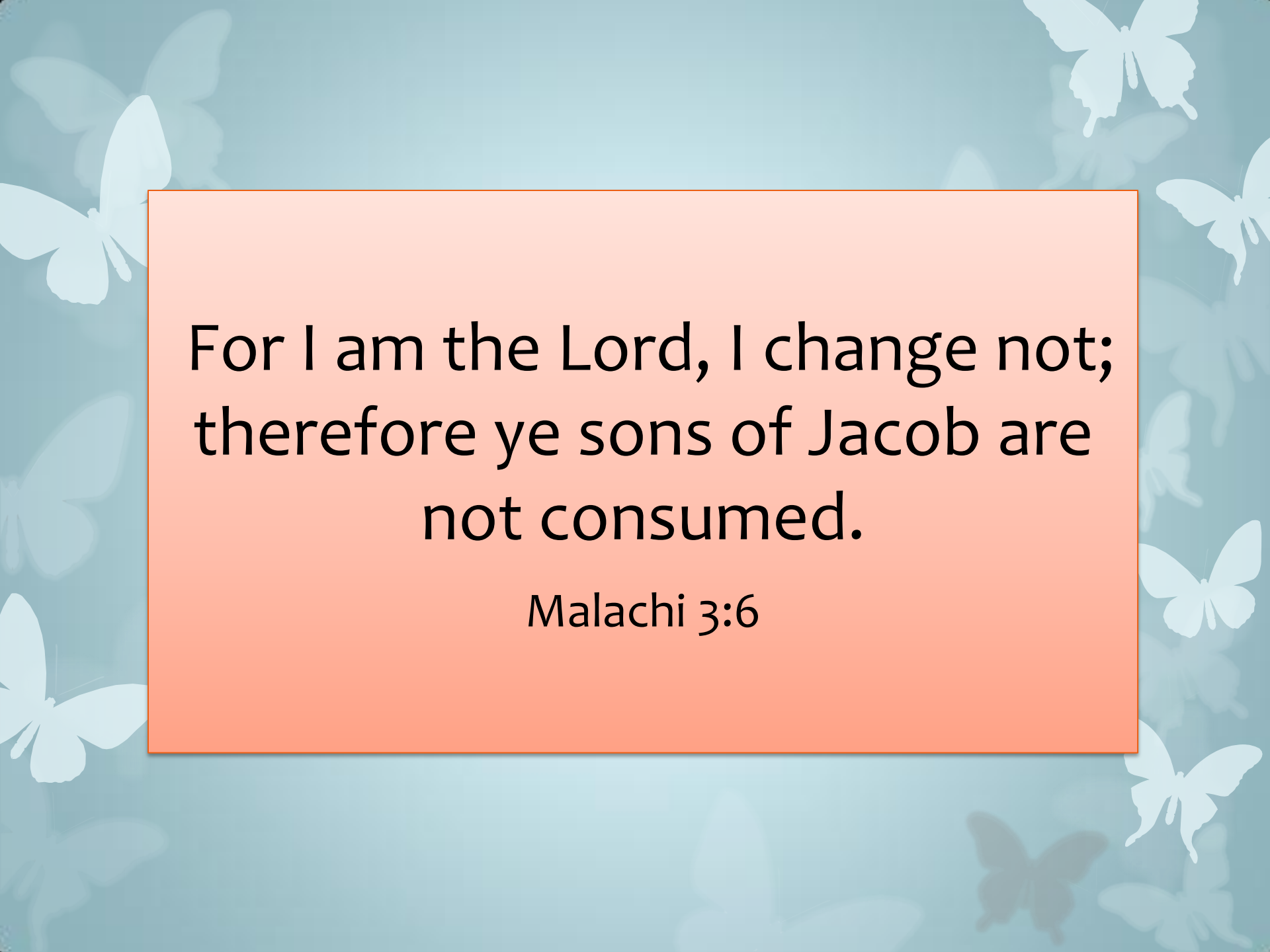
● A **hopeless** woman does not believe the Bible applies to her situation. The Bible stories aren't really true. Her life is different.

● A **hopeful** woman completely trusts God's word without question. And she knows God has not changed.



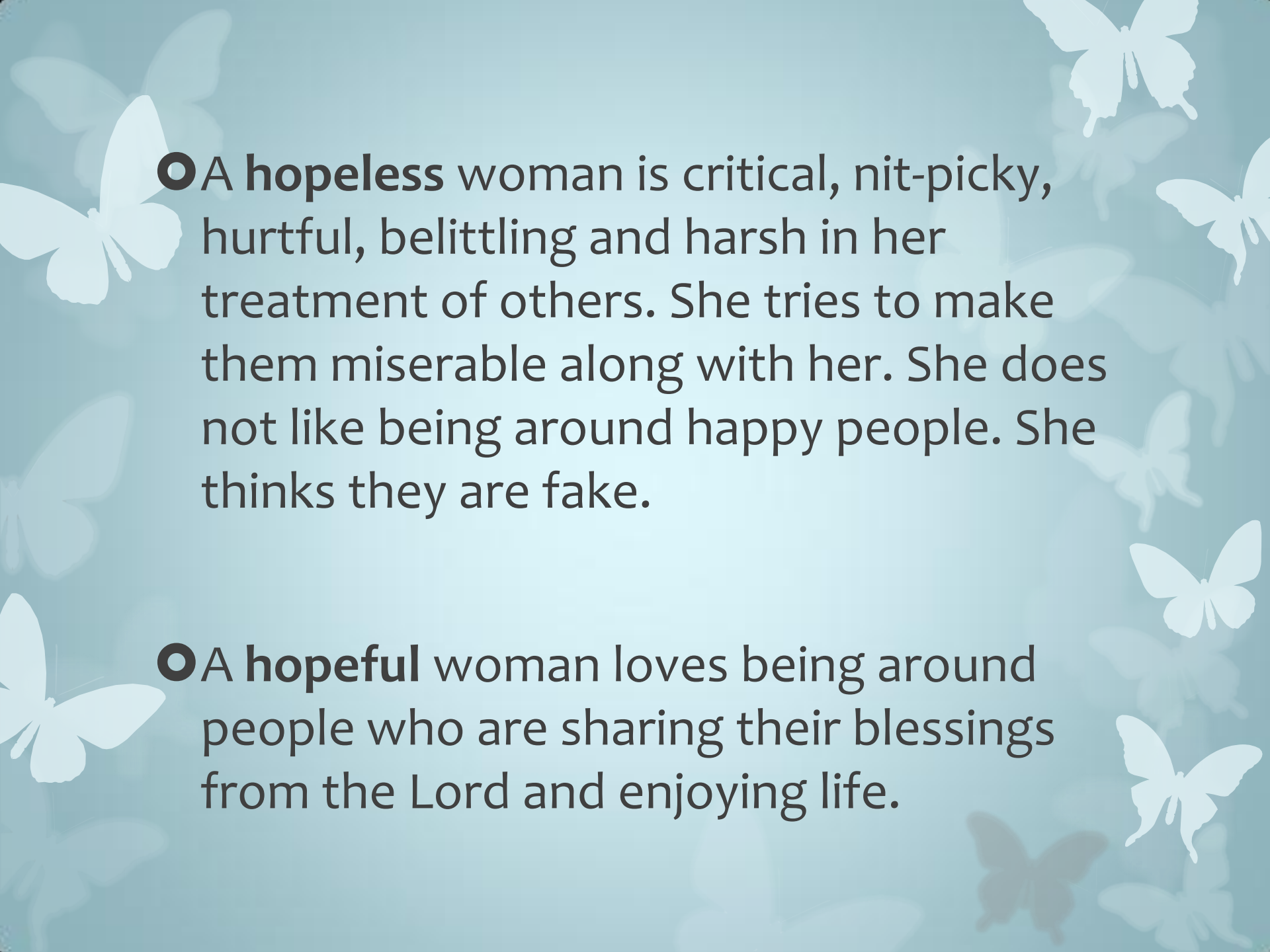
Jesus Christ the same yesterday,
and to day, and for ever.

Hebrews 13:8



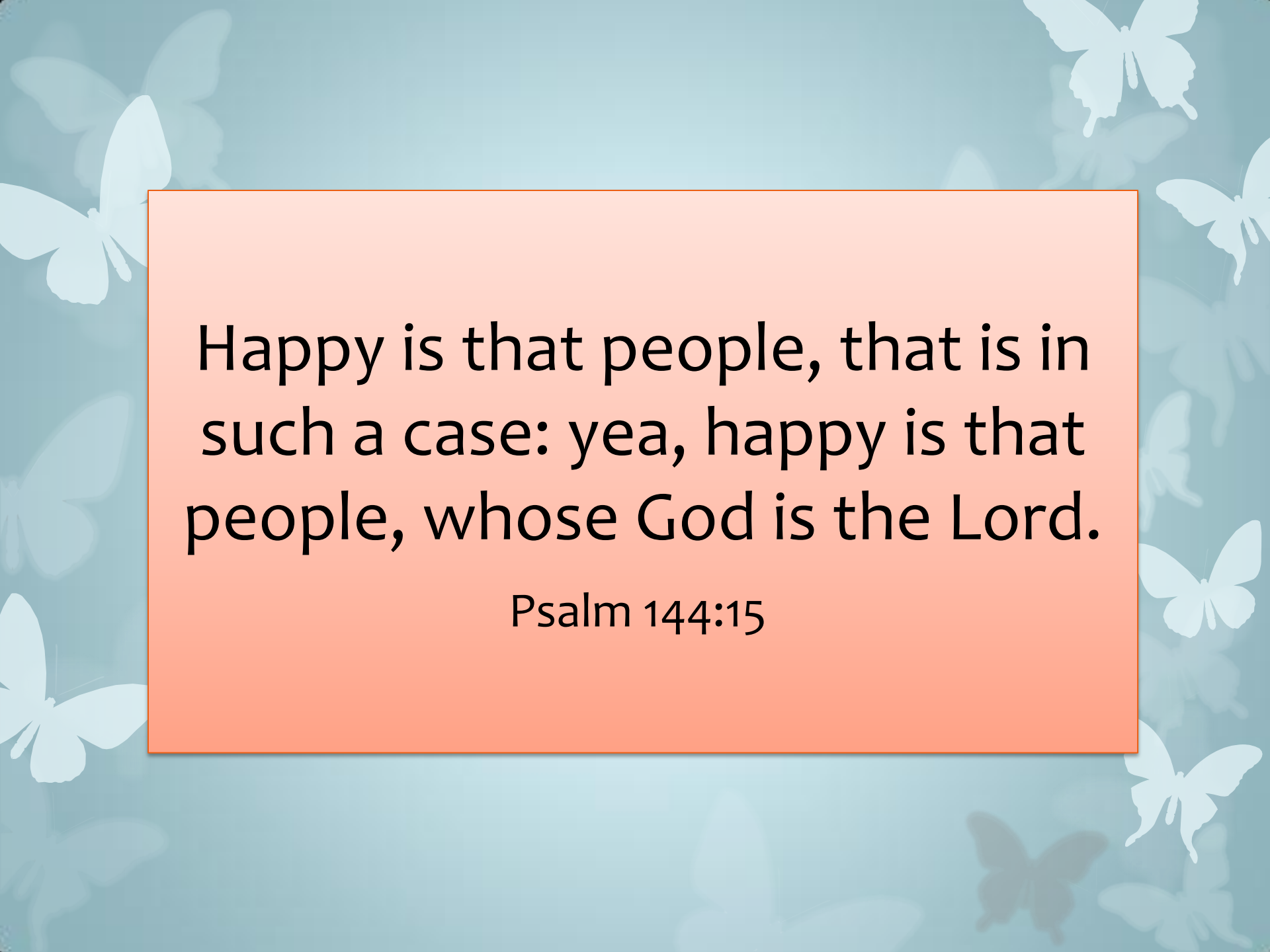
For I am the Lord, I change not;
therefore ye sons of Jacob are
not consumed.

Malachi 3:6

The background of the slide is a light blue gradient with several white butterfly silhouettes scattered across it. The butterflies are of various sizes and orientations, some appearing to fly towards the right and others away from it. The overall aesthetic is clean and serene.

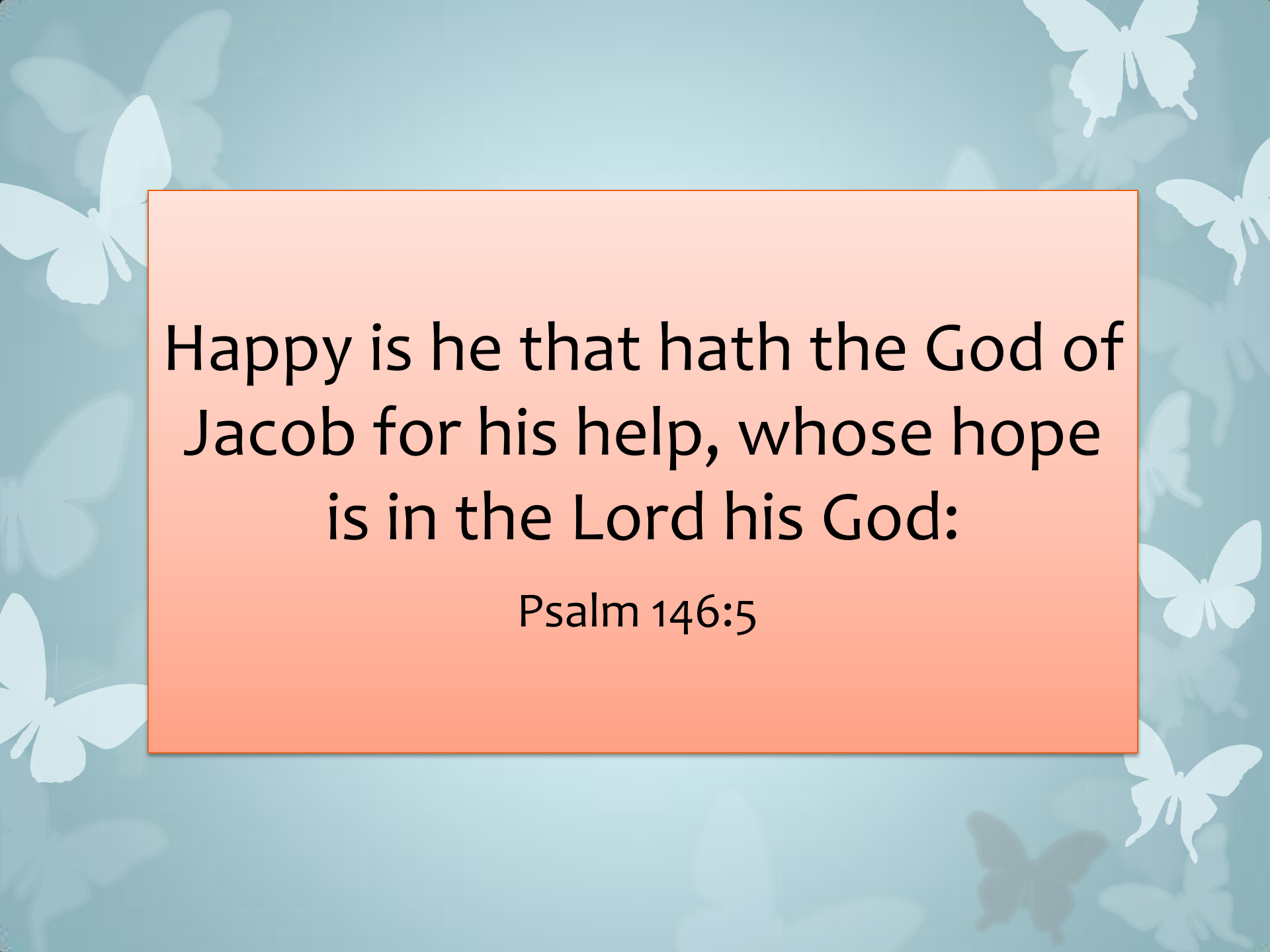
● A **hopeless** woman is critical, nit-picky, hurtful, belittling and harsh in her treatment of others. She tries to make them miserable along with her. She does not like being around happy people. She thinks they are fake.

● A **hopeful** woman loves being around people who are sharing their blessings from the Lord and enjoying life.



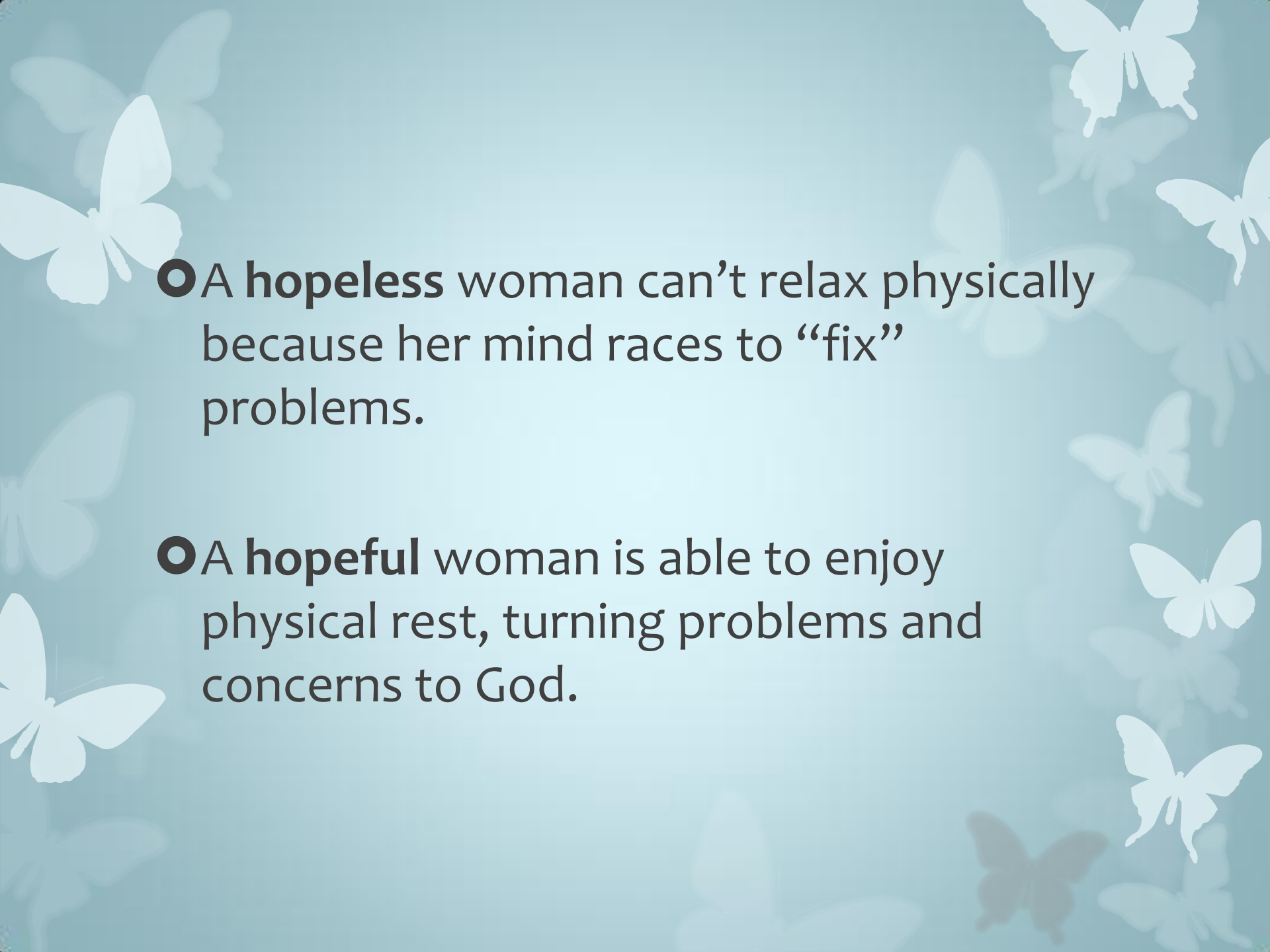
Happy is that people, that is in
such a case: yea, happy is that
people, whose God is the Lord.

Psalm 144:15



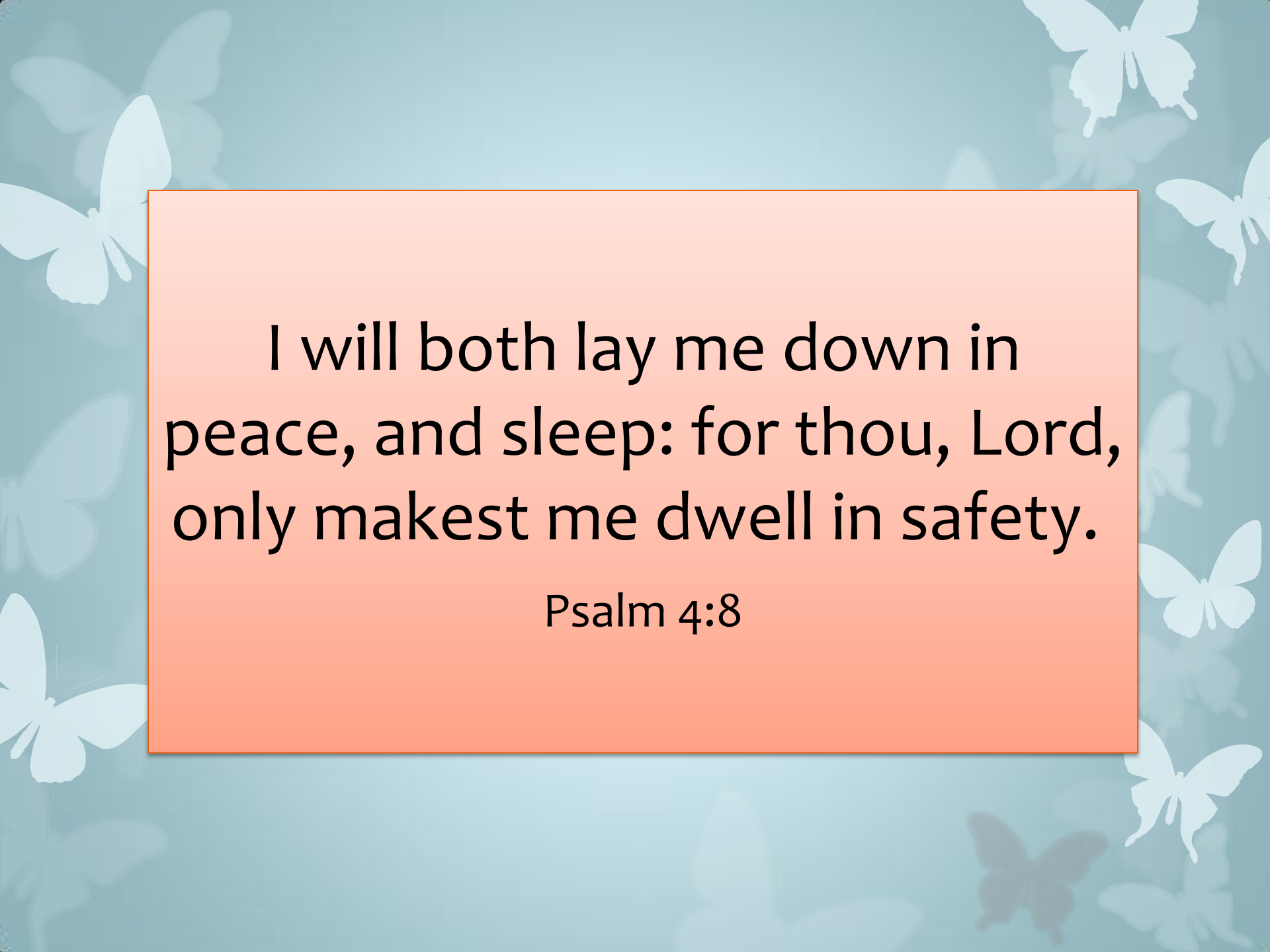
Happy is he that hath the God of
Jacob for his help, whose hope
is in the Lord his God:

Psalm 146:5



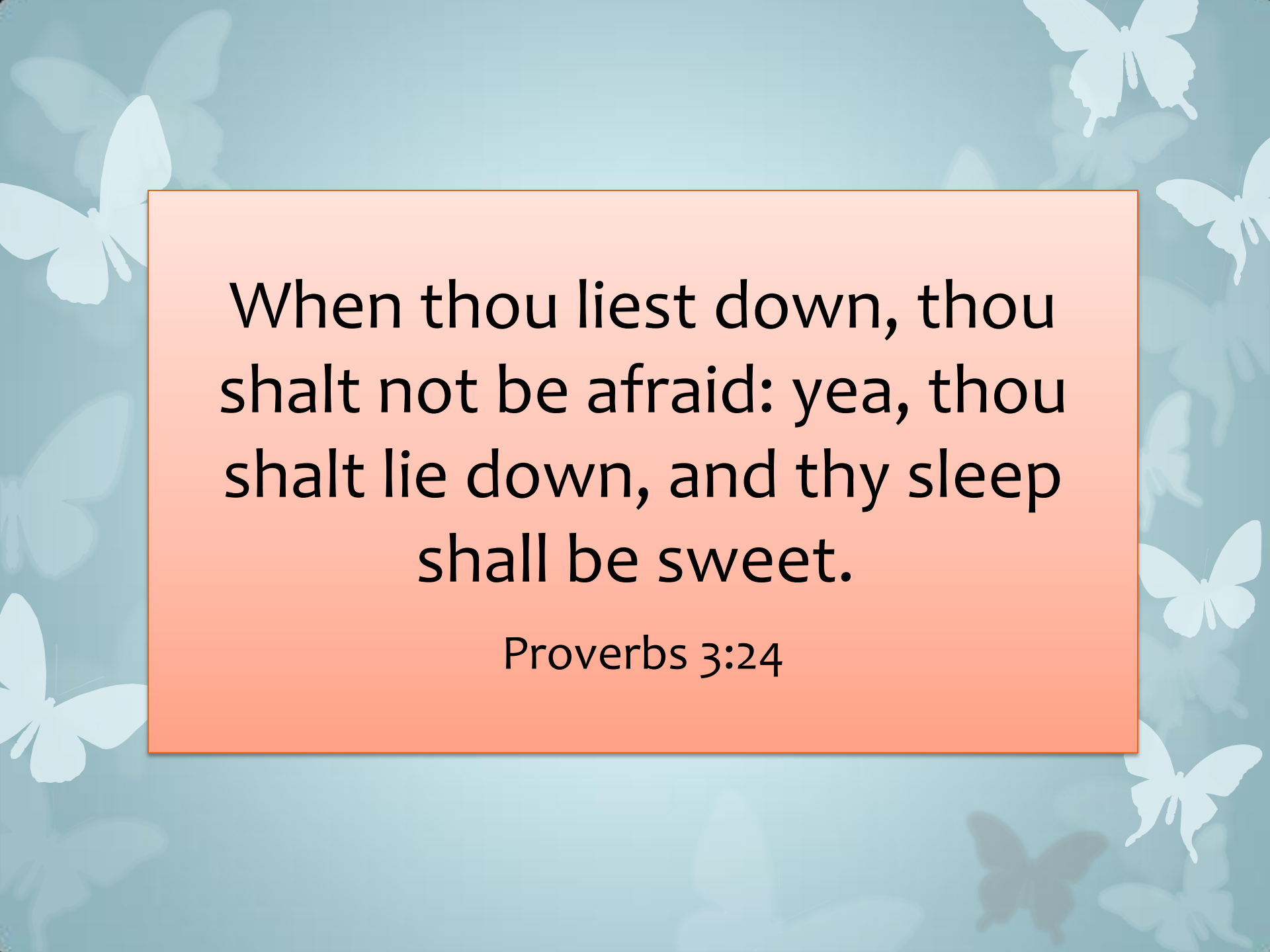
● A **hopeless** woman can't relax physically because her mind races to "fix" problems.

● A **hopeful** woman is able to enjoy physical rest, turning problems and concerns to God.



I will both lay me down in
peace, and sleep: for thou, Lord,
only makest me dwell in safety.

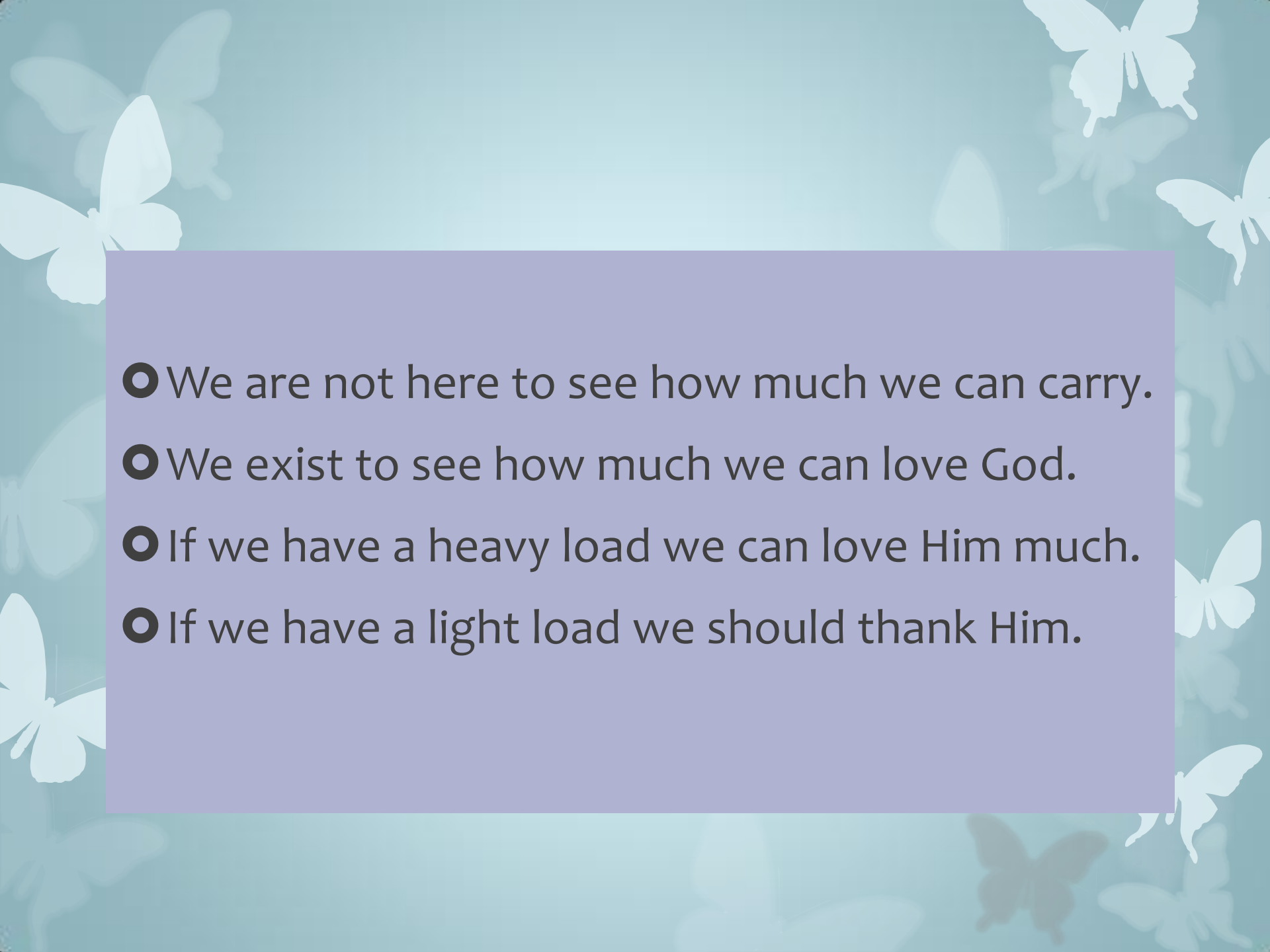
Psalm 4:8

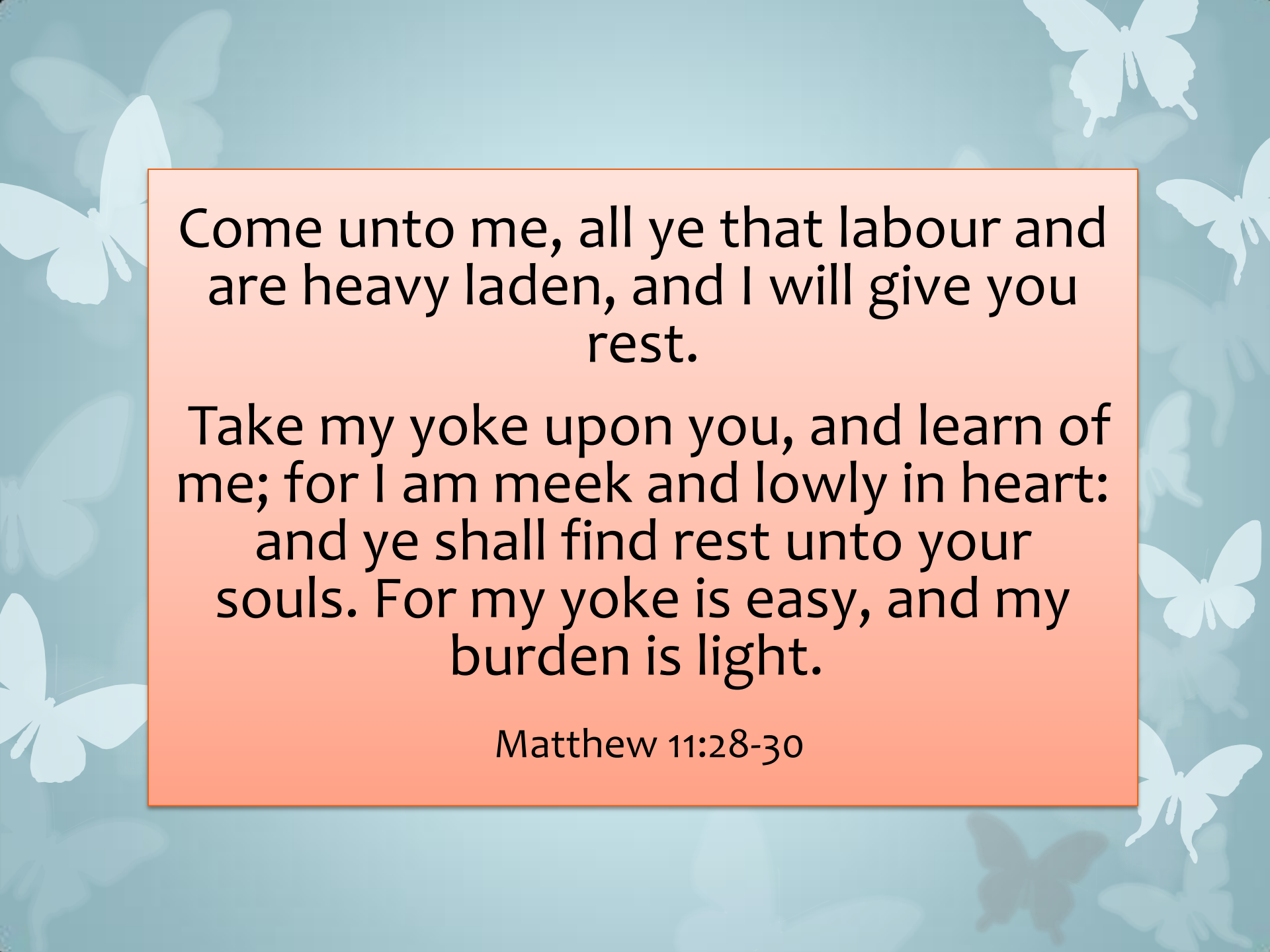


When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet.

Proverbs 3:24



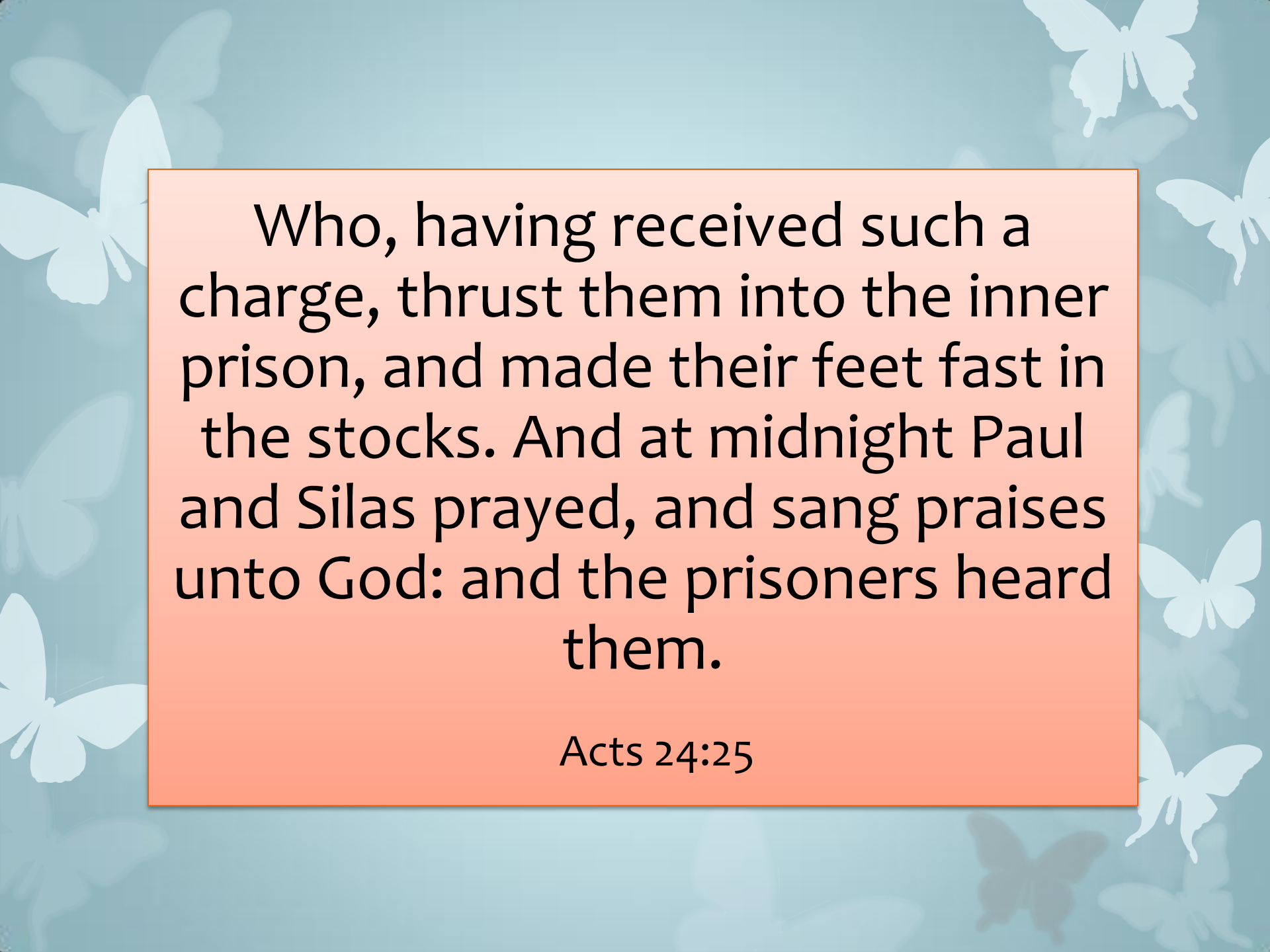
- 
- The background is a light teal color with several white butterfly silhouettes scattered across it. A large, semi-transparent purple rectangle is centered on the page, containing four bullet points.
- We are not here to see how much we can carry.
 - We exist to see how much we can love God.
 - If we have a heavy load we can love Him much.
 - If we have a light load we should thank Him.



Come unto me, all ye that labour and
are heavy laden, and I will give you
rest.

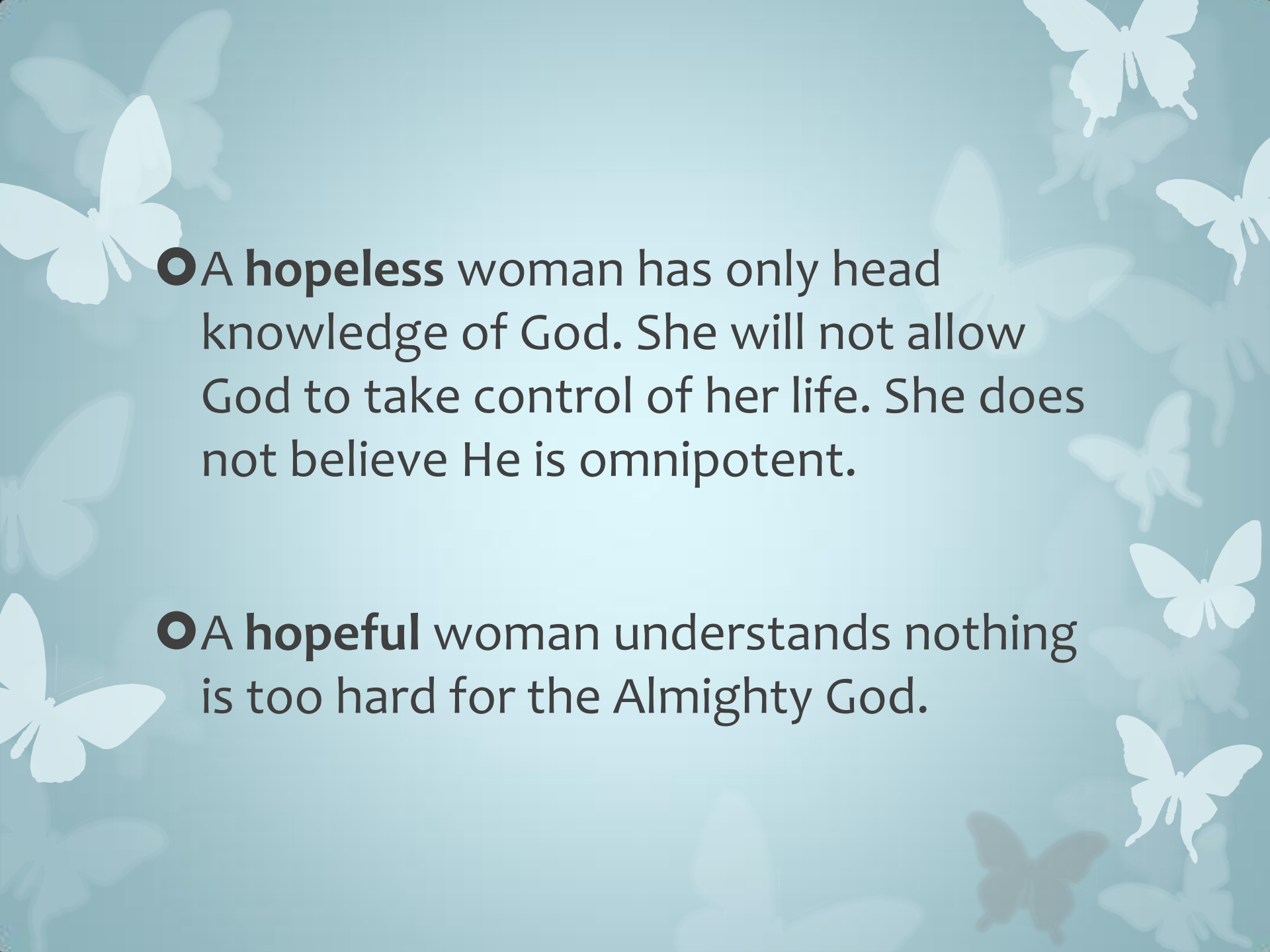
Take my yoke upon you, and learn of
me; for I am meek and lowly in heart:
and ye shall find rest unto your
souls. For my yoke is easy, and my
burden is light.

Matthew 11:28-30



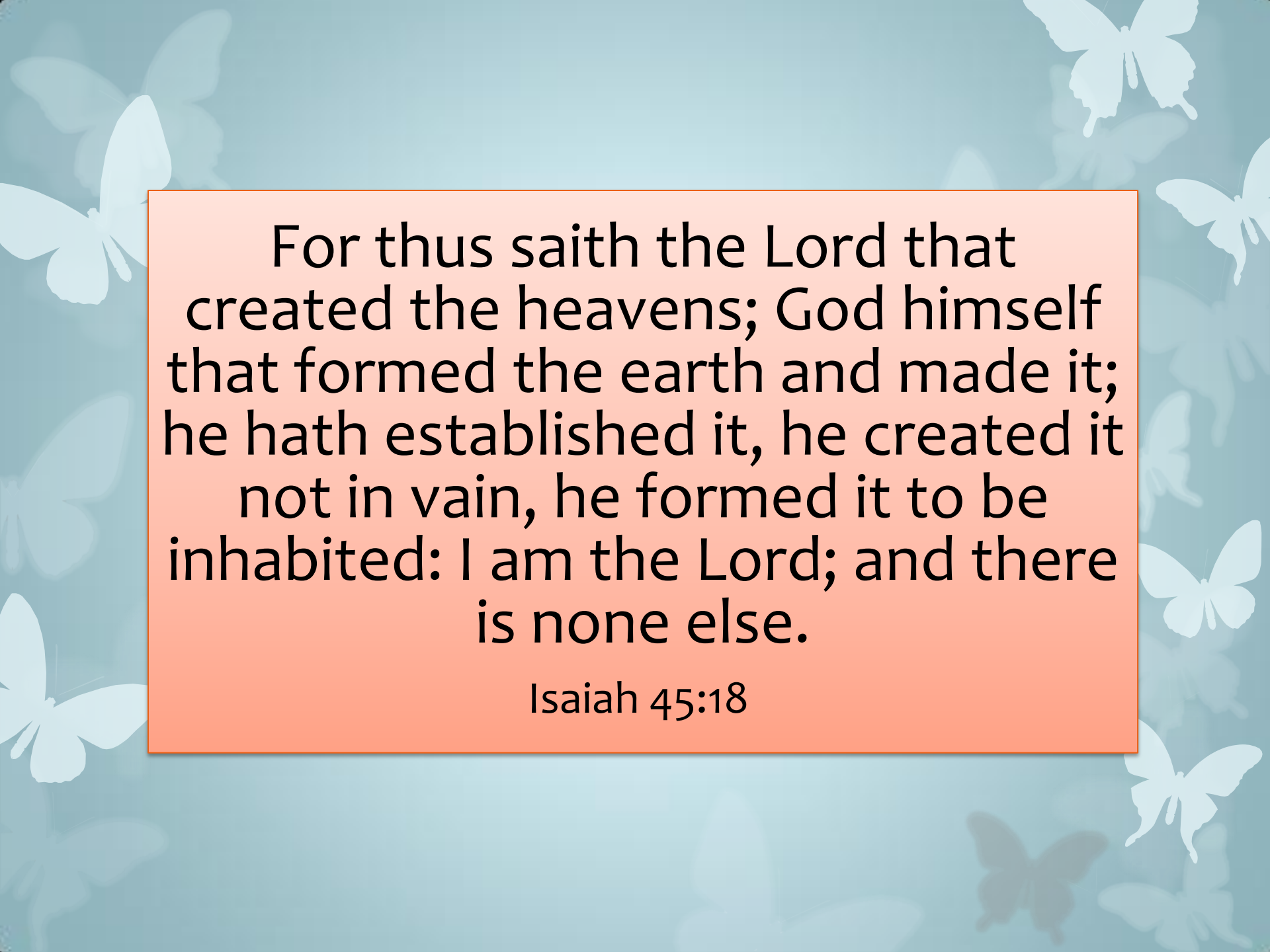
Who, having received such a charge, thrust them into the inner prison, and made their feet fast in the stocks. And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them.

Acts 24:25



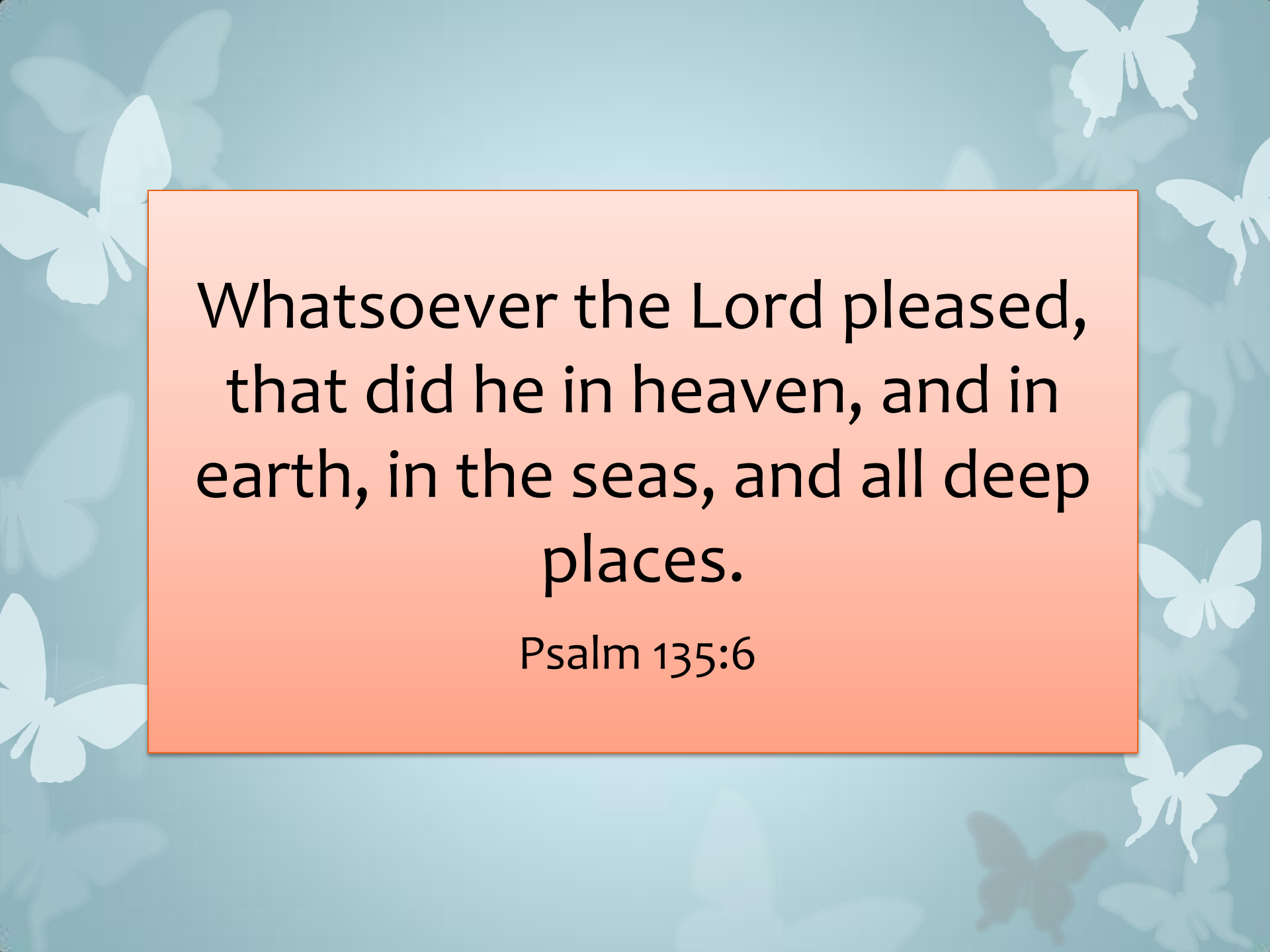
● A **hopeless** woman has only head knowledge of God. She will not allow God to take control of her life. She does not believe He is omnipotent.

● A **hopeful** woman understands nothing is too hard for the Almighty God.



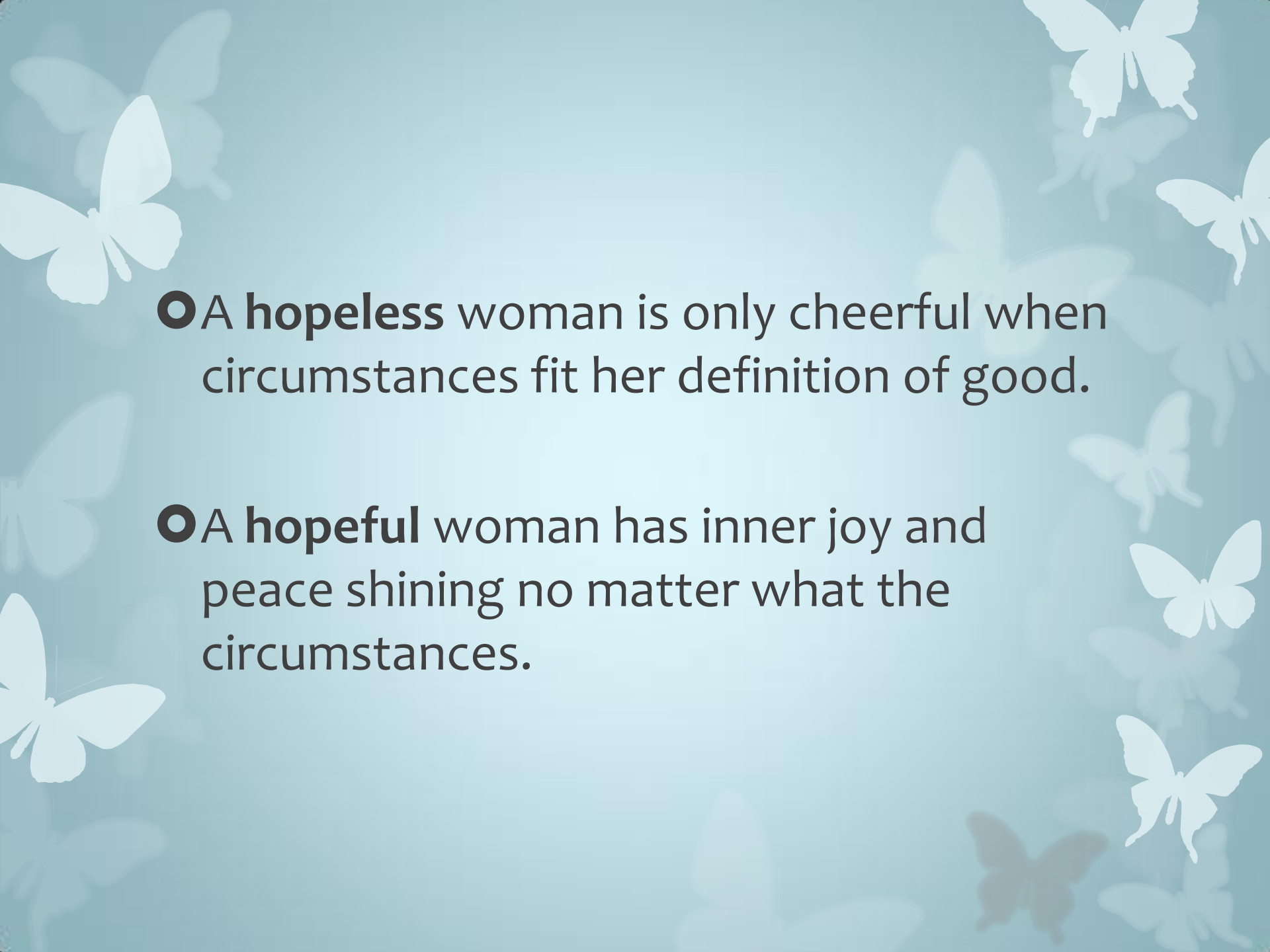
For thus saith the Lord that
created the heavens; God himself
that formed the earth and made it;
he hath established it, he created it
not in vain, he formed it to be
inhabited: I am the Lord; and there
is none else.

Isaiah 45:18



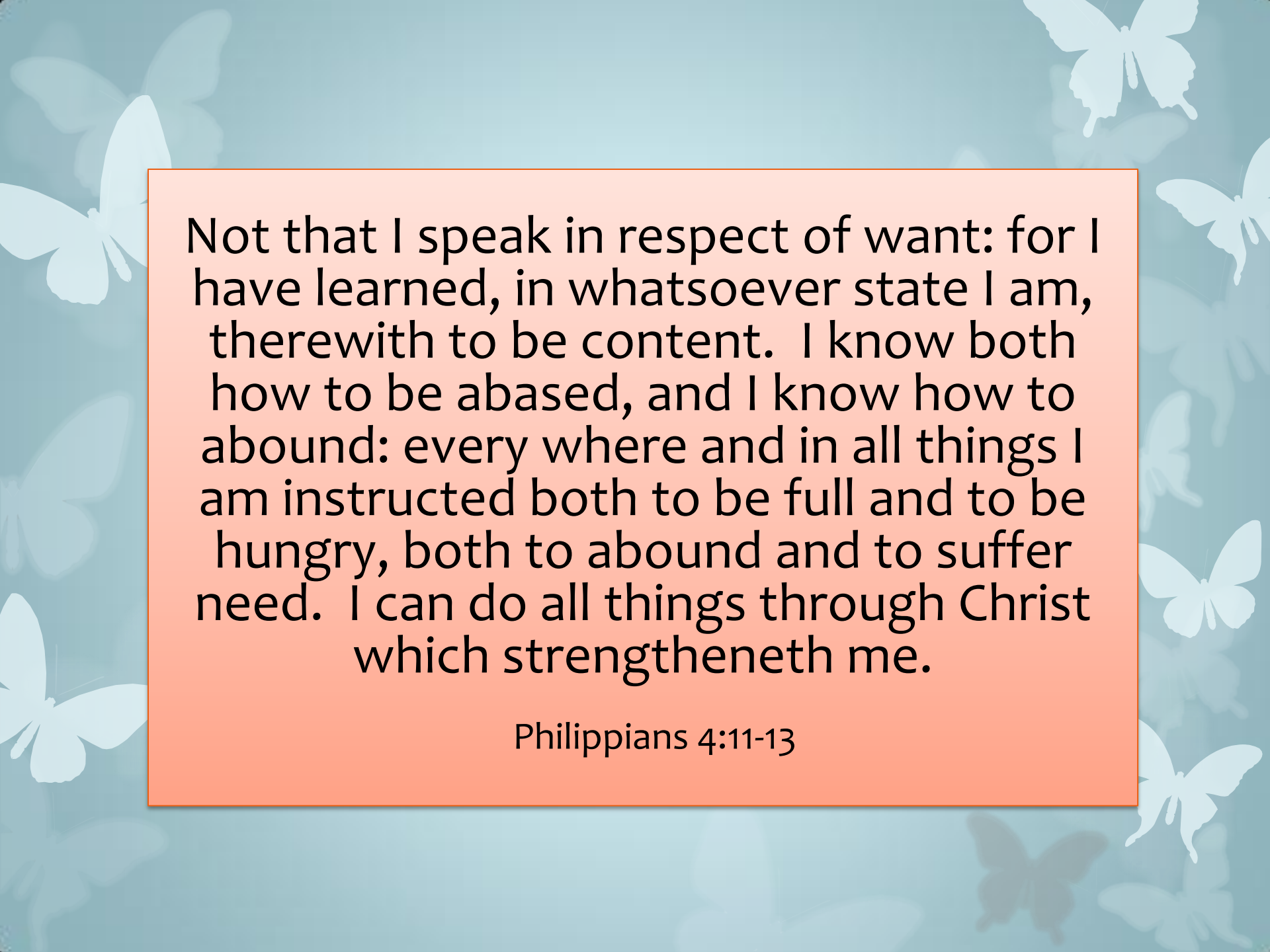
Whatsoever the Lord pleased,
that did he in heaven, and in
earth, in the seas, and all deep
places.

Psalm 135:6



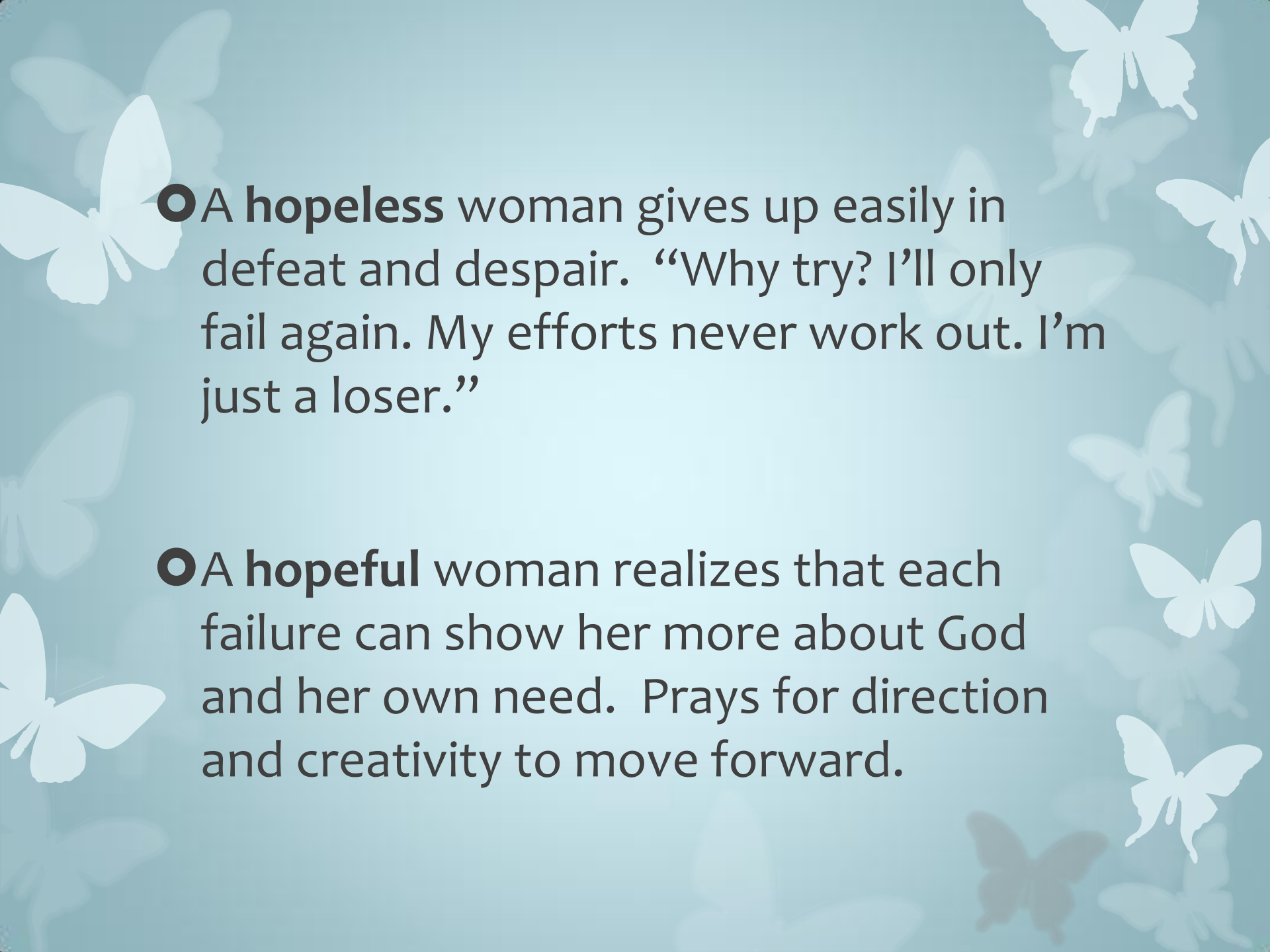
● A **hopeless** woman is only cheerful when circumstances fit her definition of good.

● A **hopeful** woman has inner joy and peace shining no matter what the circumstances.



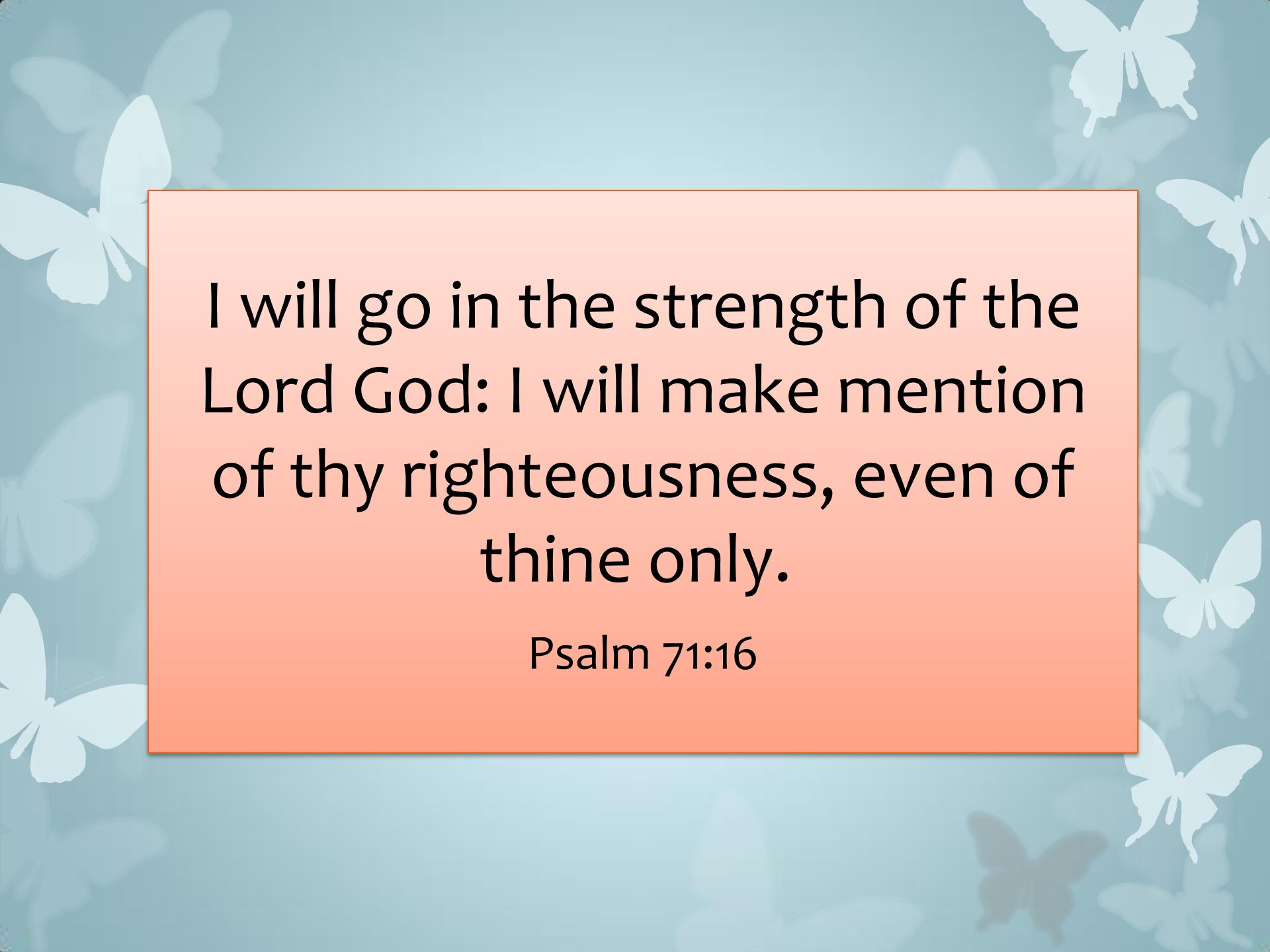
Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content. I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ which strengtheneth me.

Philippians 4:11-13



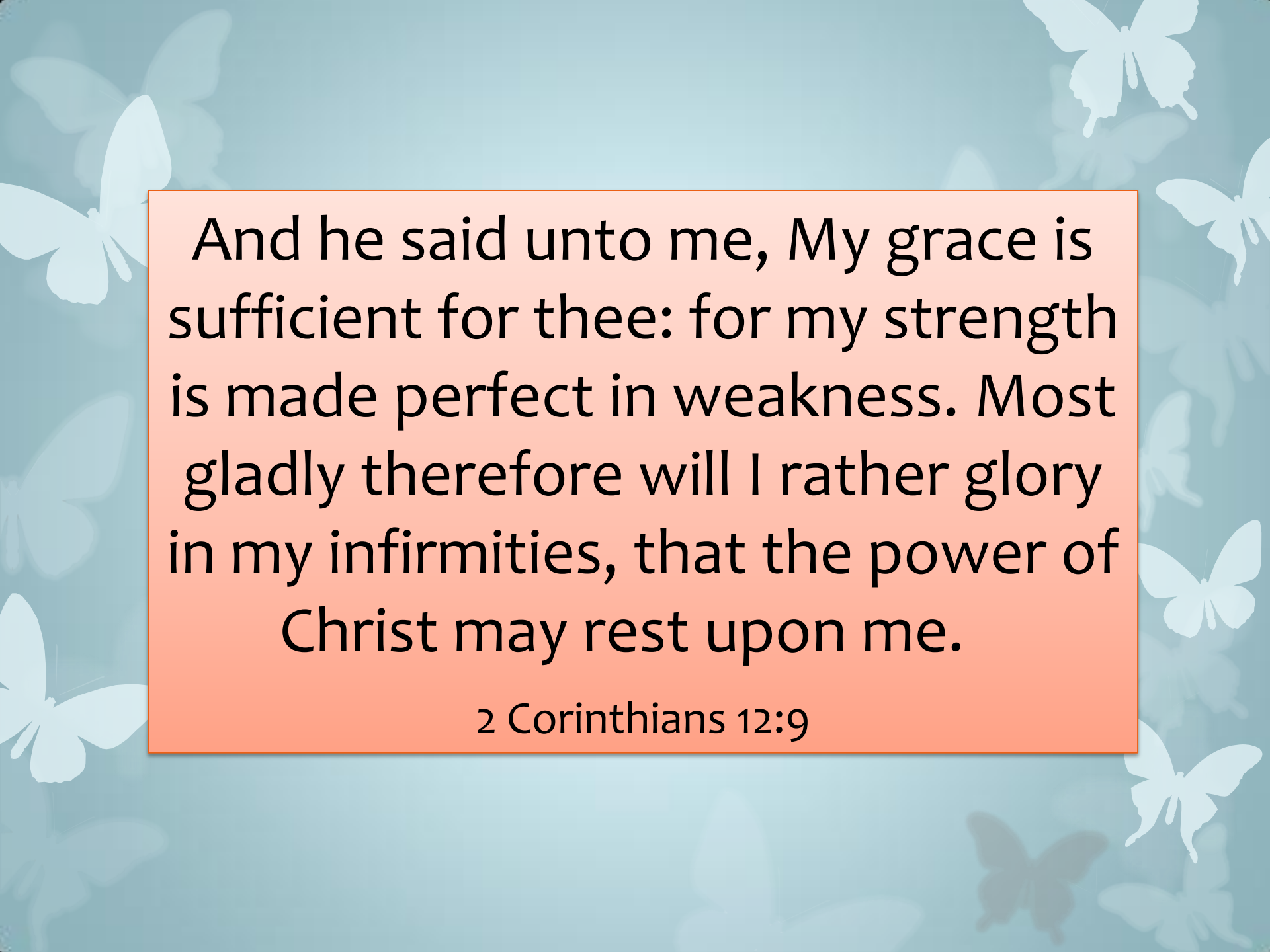
● A **hopeless** woman gives up easily in defeat and despair. “Why try? I’ll only fail again. My efforts never work out. I’m just a loser.”

● A **hopeful** woman realizes that each failure can show her more about God and her own need. Prays for direction and creativity to move forward.



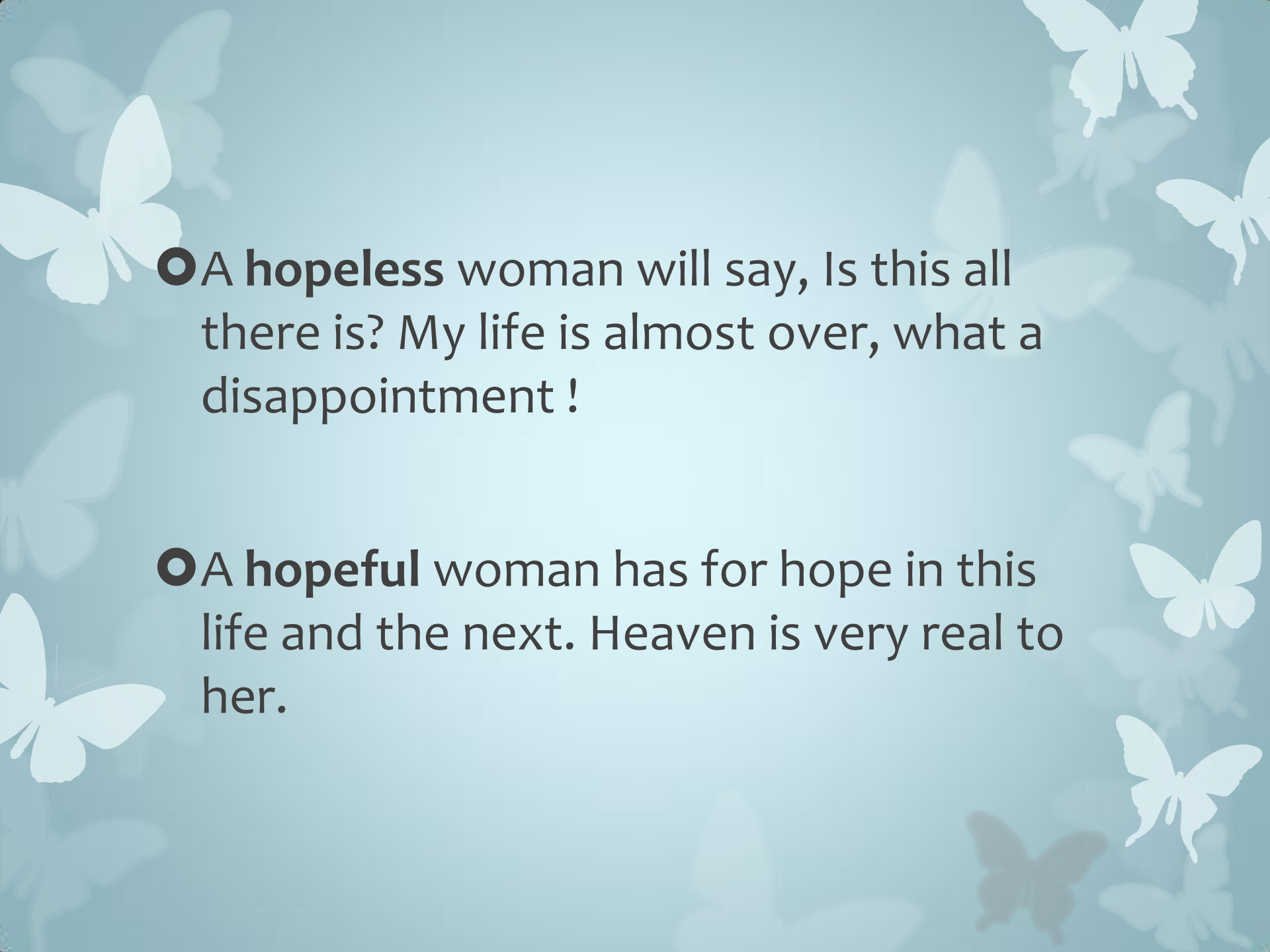
I will go in the strength of the
Lord God: I will make mention
of thy righteousness, even of
thine only.

Psalm 71:16



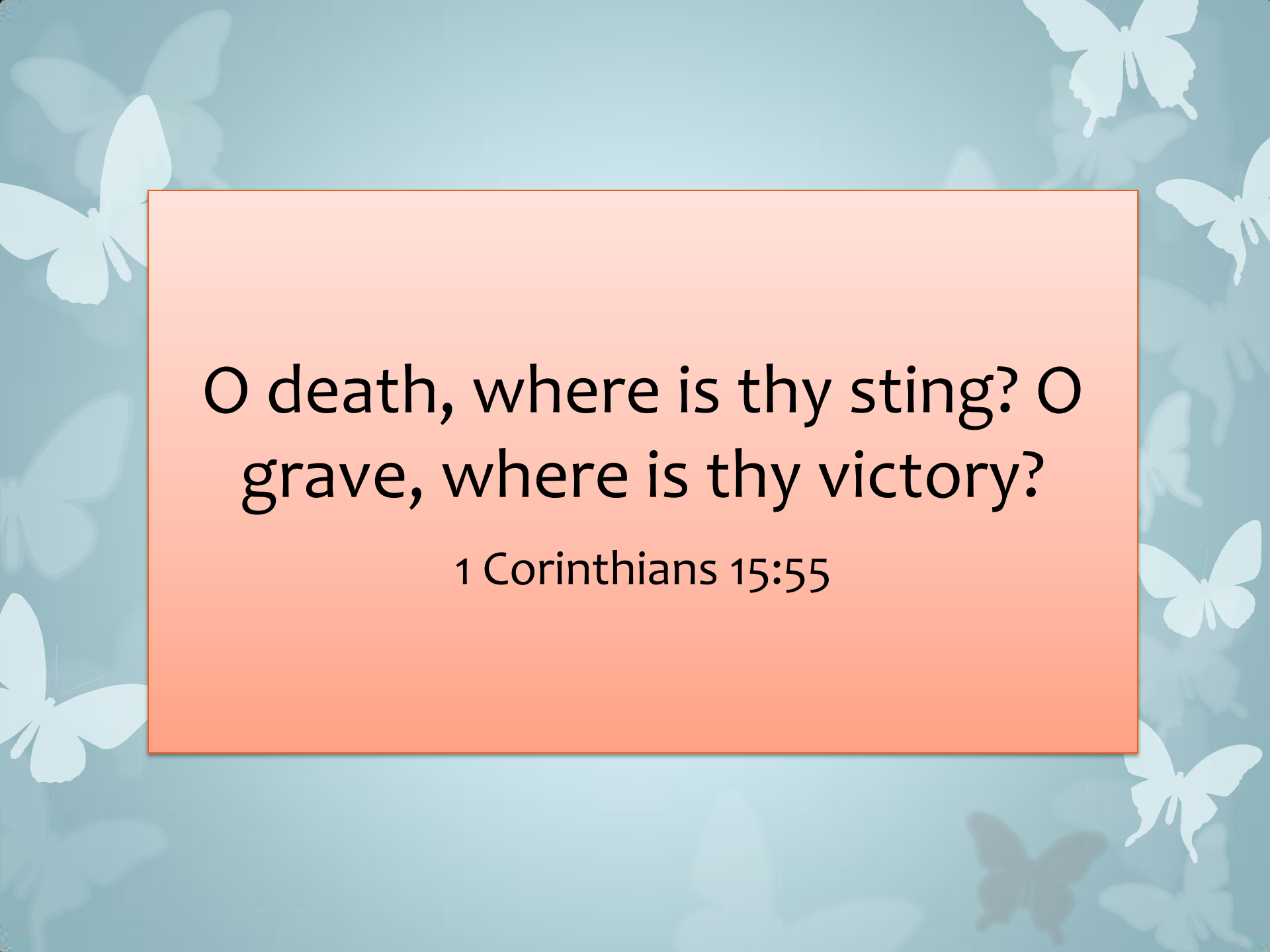
And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.

2 Corinthians 12:9



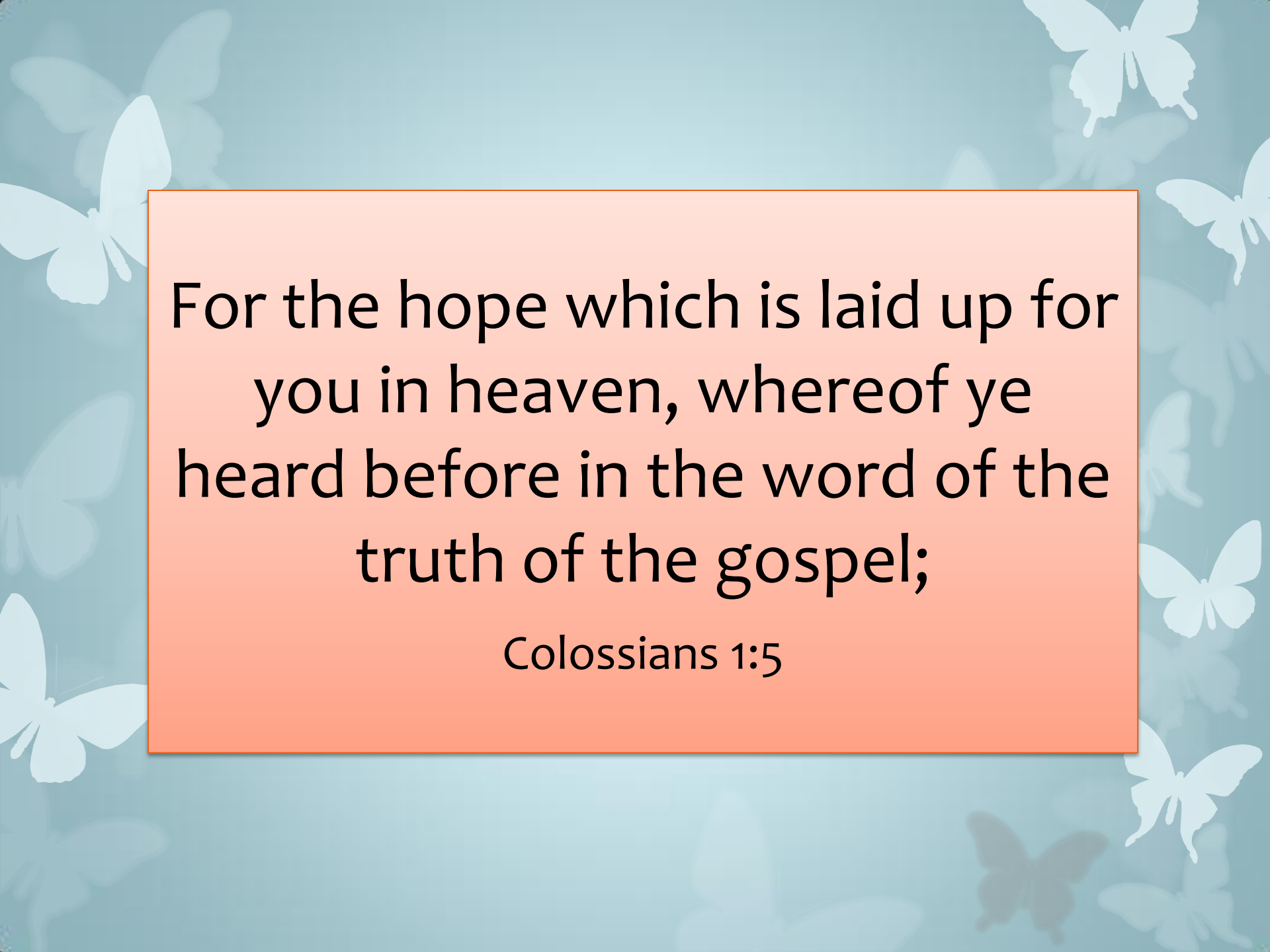
● A **hopeless** woman will say, Is this all there is? My life is almost over, what a disappointment !

● A **hopeful** woman has for hope in this life and the next. Heaven is very real to her.



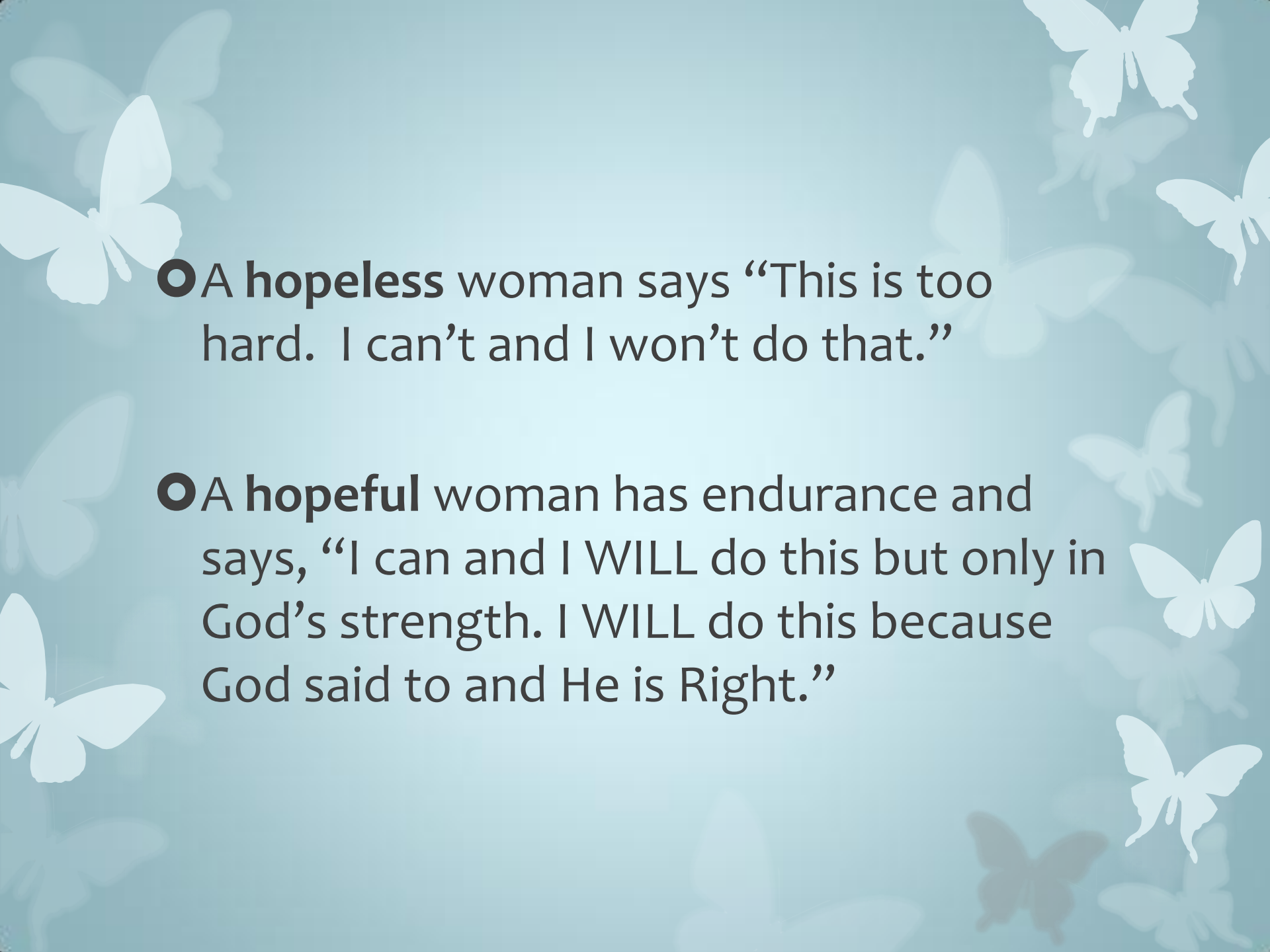
O death, where is thy sting? O
grave, where is thy victory?

1 Corinthians 15:55



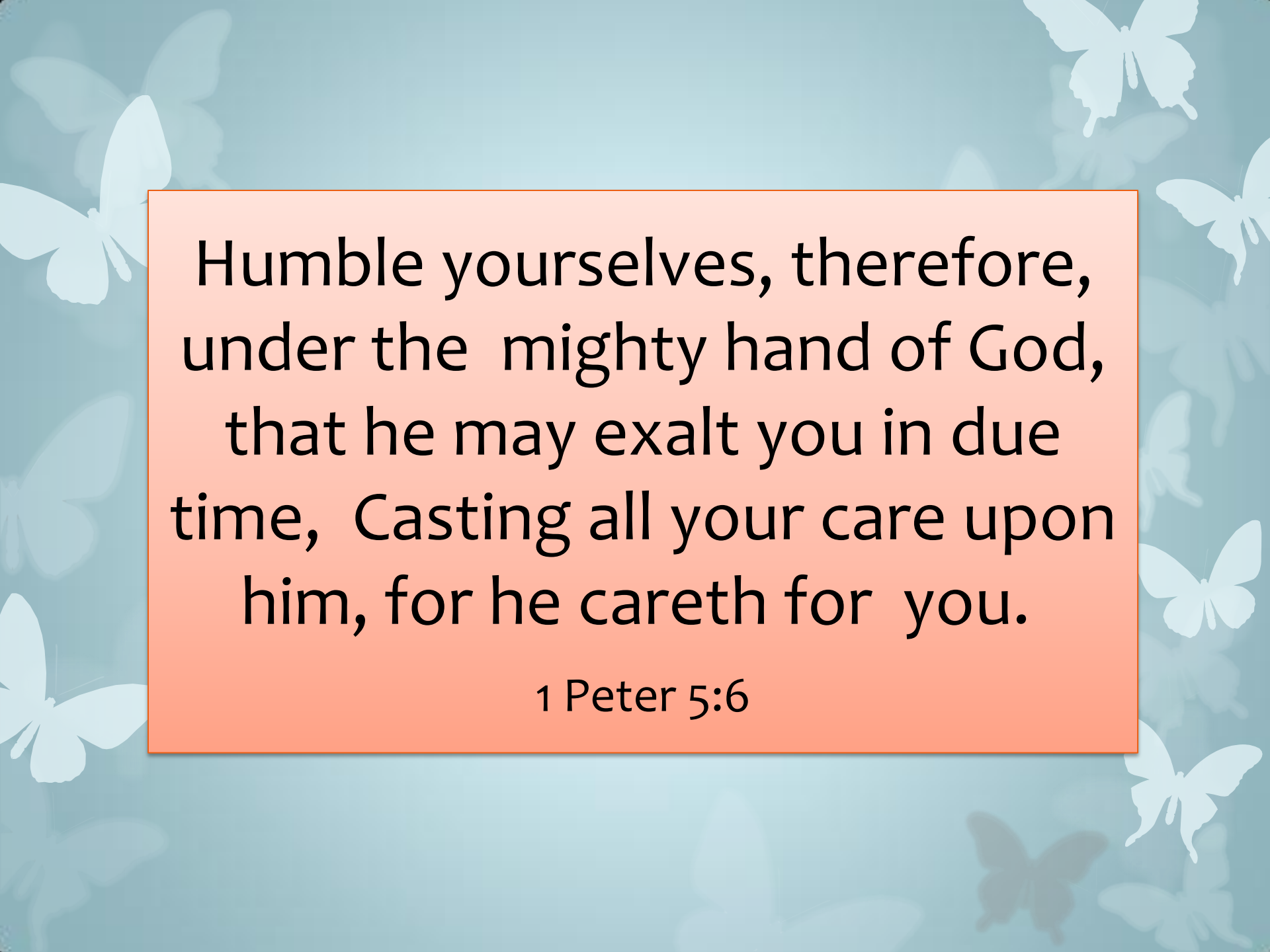
For the hope which is laid up for
you in heaven, whereof ye
heard before in the word of the
truth of the gospel;

Colossians 1:5



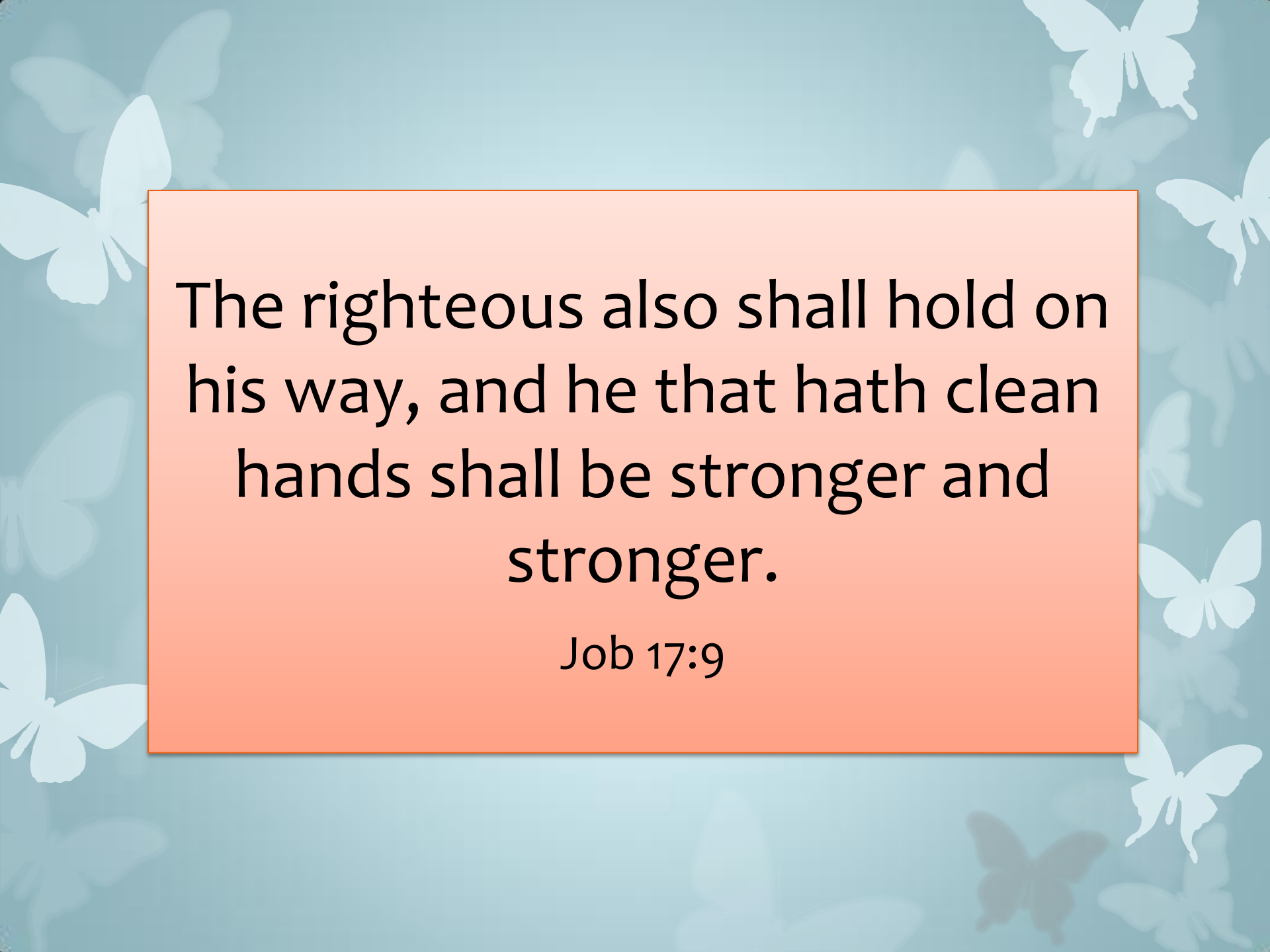
● A **hopeless** woman says “This is too hard. I can’t and I won’t do that.”

● A **hopeful** woman has endurance and says, “I can and I WILL do this but only in God’s strength. I WILL do this because God said so and He is Right.”



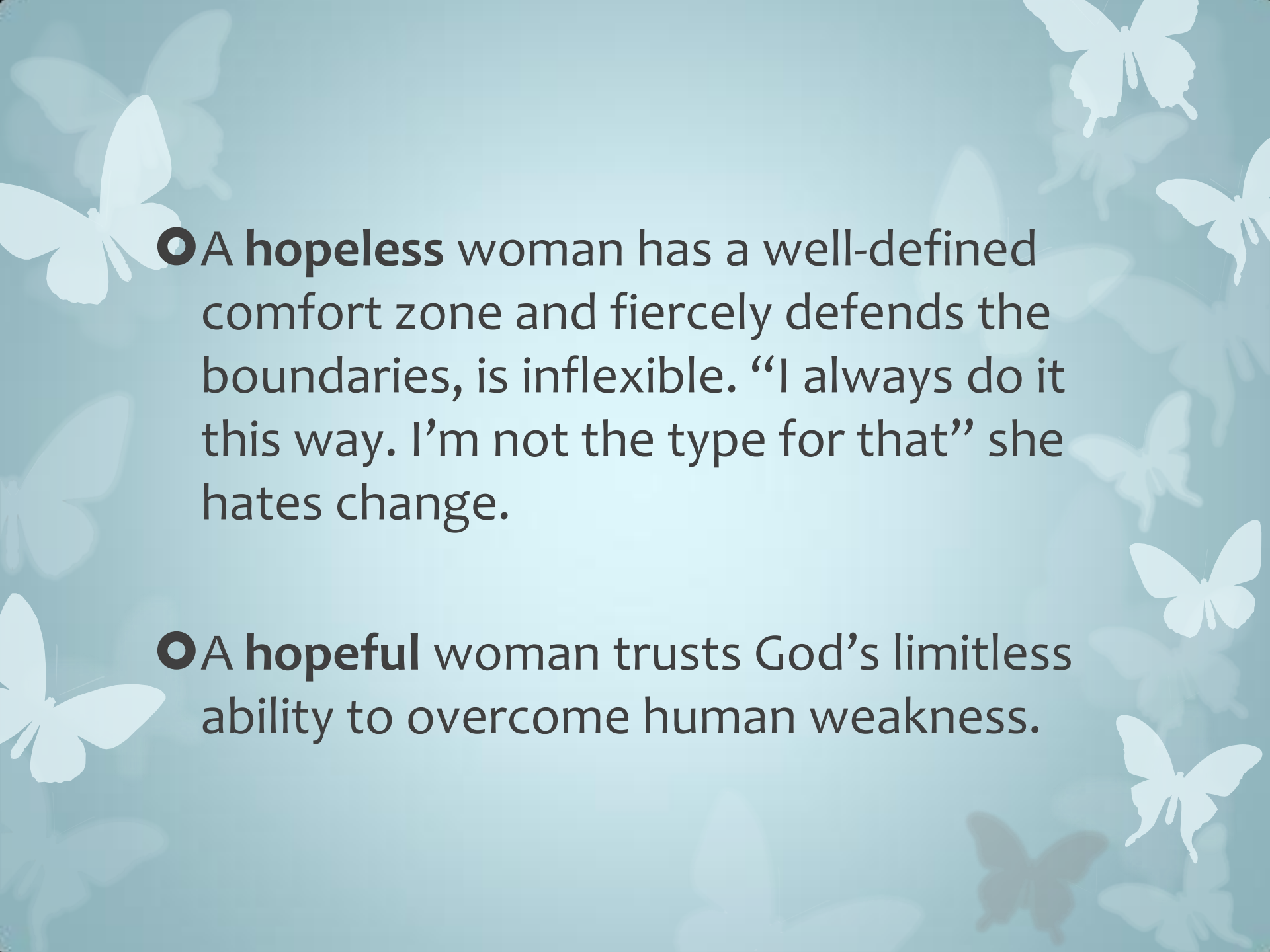
Humble yourselves, therefore,
under the mighty hand of God,
that he may exalt you in due
time, Casting all your care upon
him, for he careth for you.

1 Peter 5:6



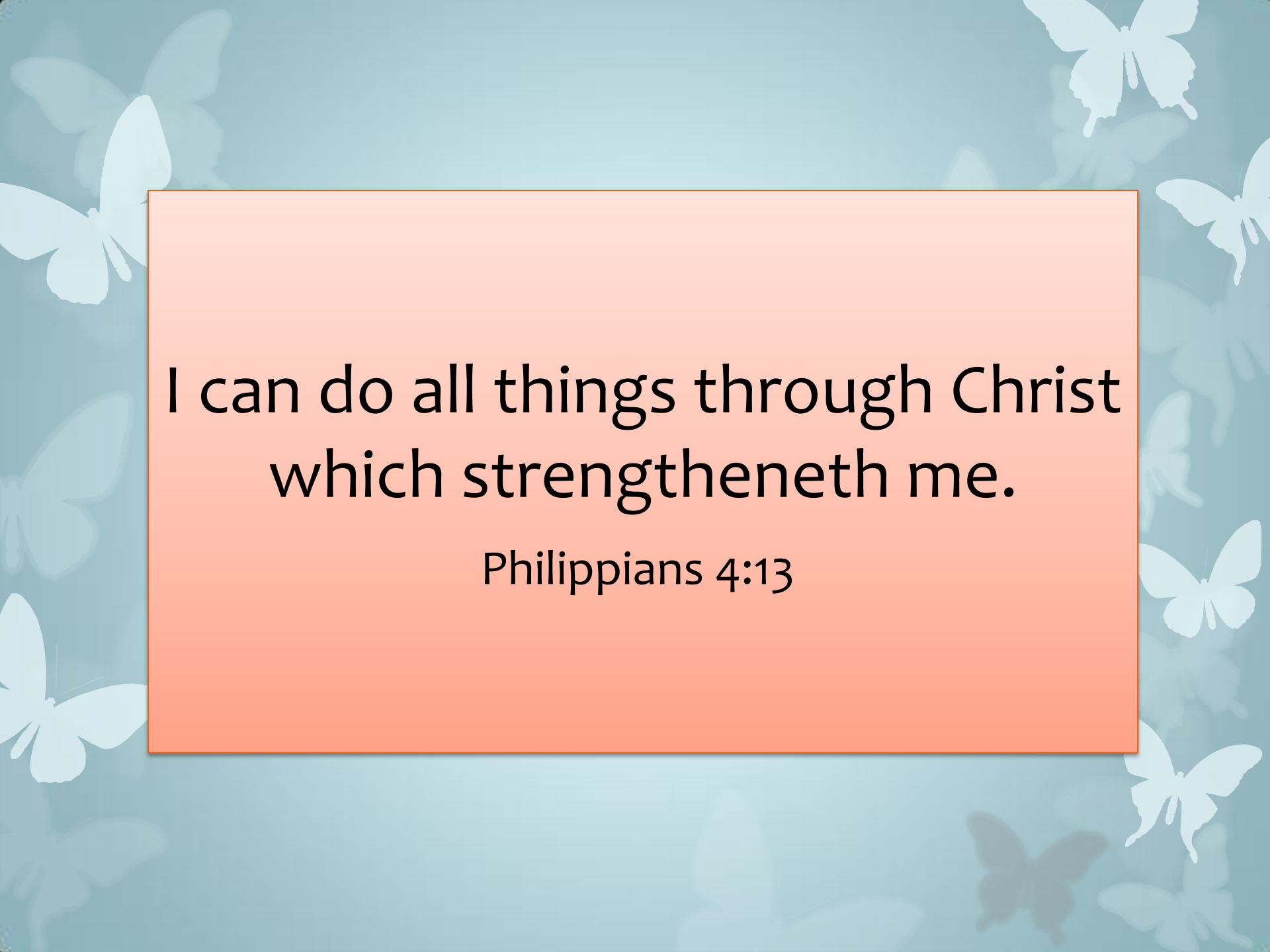
The righteous also shall hold on
his way, and he that hath clean
hands shall be stronger and
stronger.

Job 17:9

The background of the slide is a light blue gradient with several white butterfly silhouettes scattered across it. The butterflies are of various sizes and orientations, some appearing to fly towards the right and others away from it. The overall aesthetic is clean and serene.

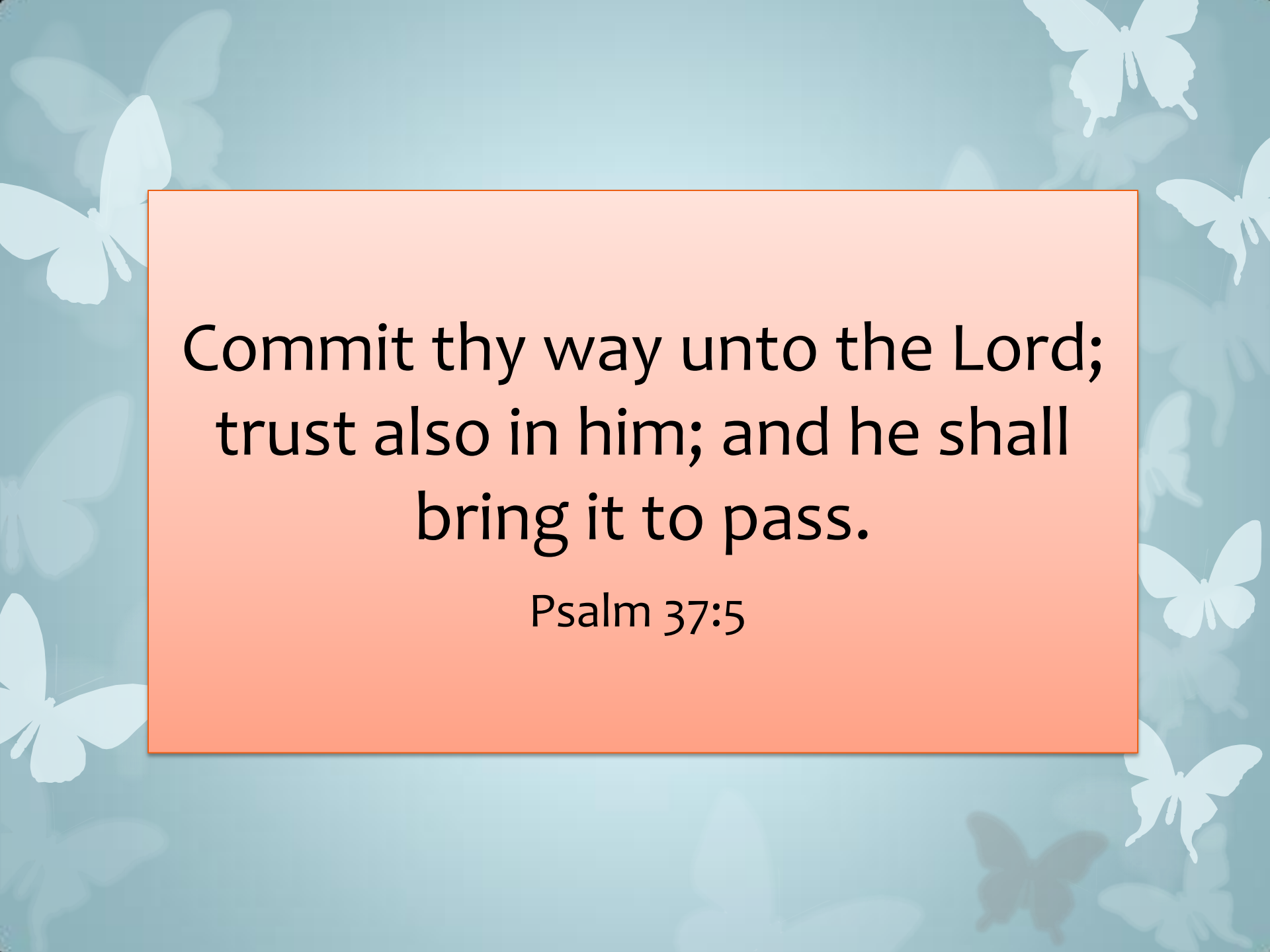
● A **hopeless** woman has a well-defined comfort zone and fiercely defends the boundaries, is inflexible. “I always do it this way. I’m not the type for that” she hates change.

● A **hopeful** woman trusts God’s limitless ability to overcome human weakness.



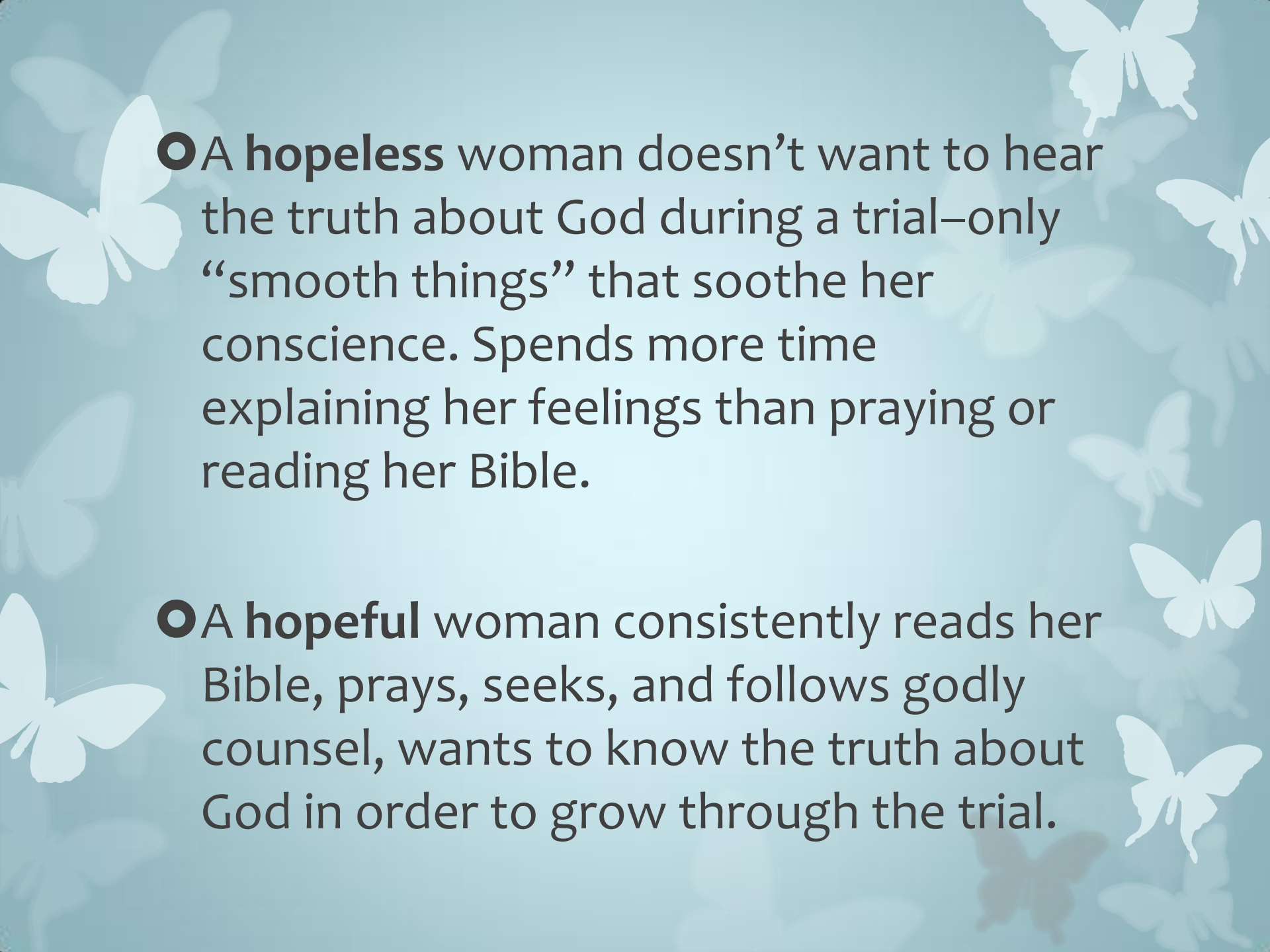
I can do all things through Christ
which strengtheneth me.

Philippians 4:13



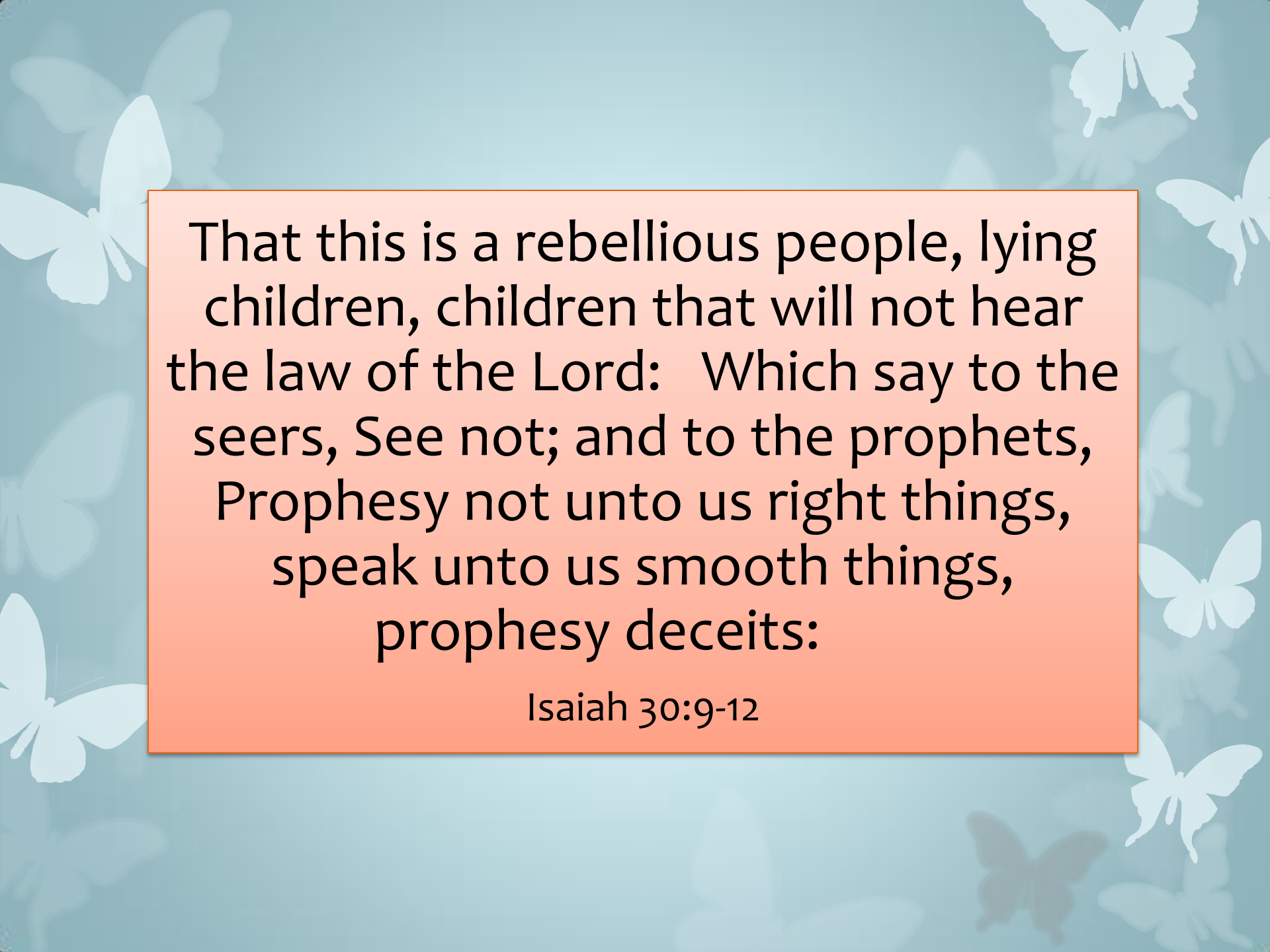
Commit thy way unto the Lord;
trust also in him; and he shall
bring it to pass.

Psalm 37:5

The background of the slide is a light blue gradient with several white butterfly silhouettes scattered across it. The butterflies vary in size and orientation, some appearing to fly towards the right and others away from it. The overall aesthetic is clean and serene.

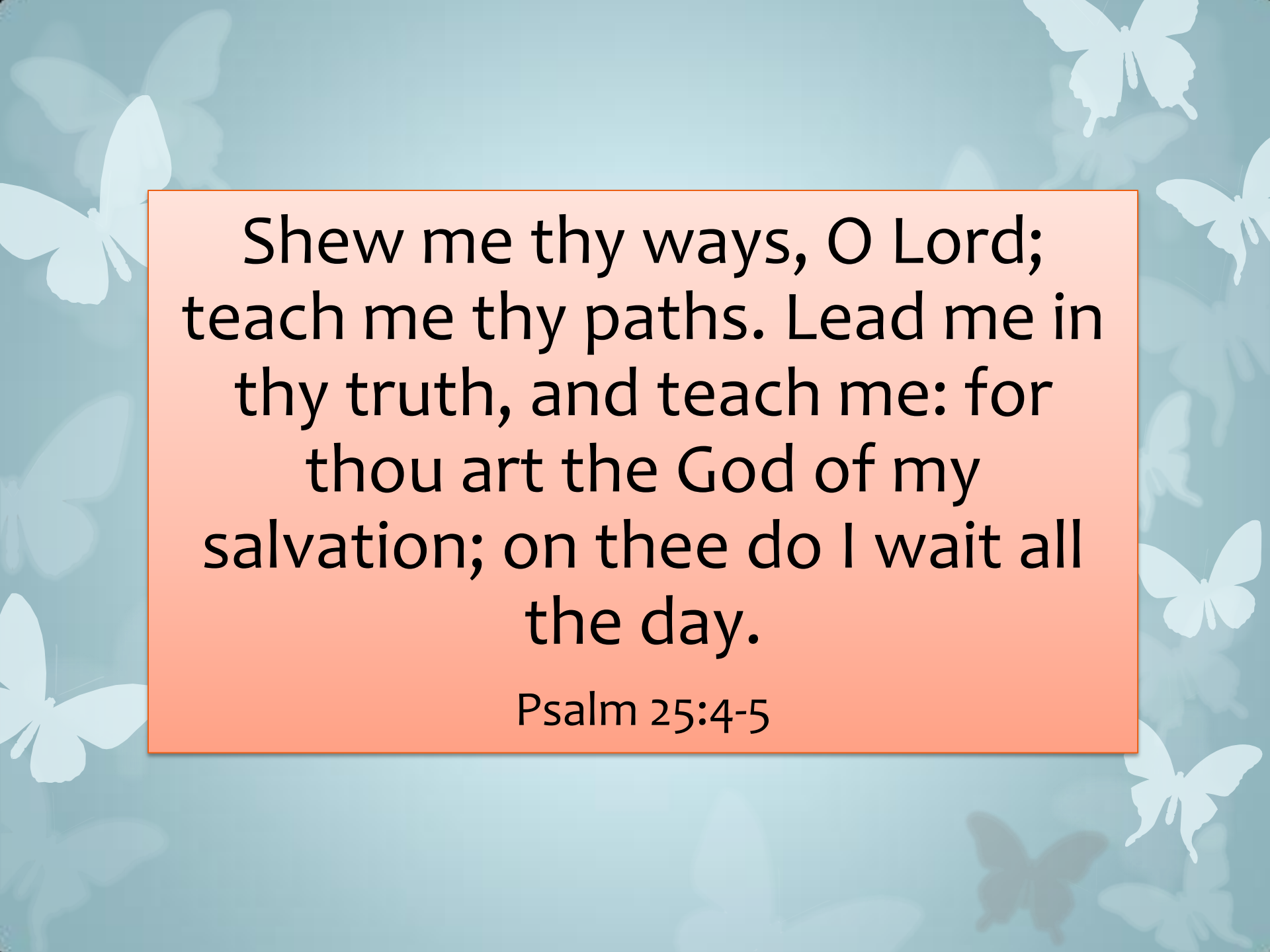
● A **hopeless** woman doesn't want to hear the truth about God during a trial—only “smooth things” that soothe her conscience. Spends more time explaining her feelings than praying or reading her Bible.

● A **hopeful** woman consistently reads her Bible, prays, seeks, and follows godly counsel, wants to know the truth about God in order to grow through the trial.



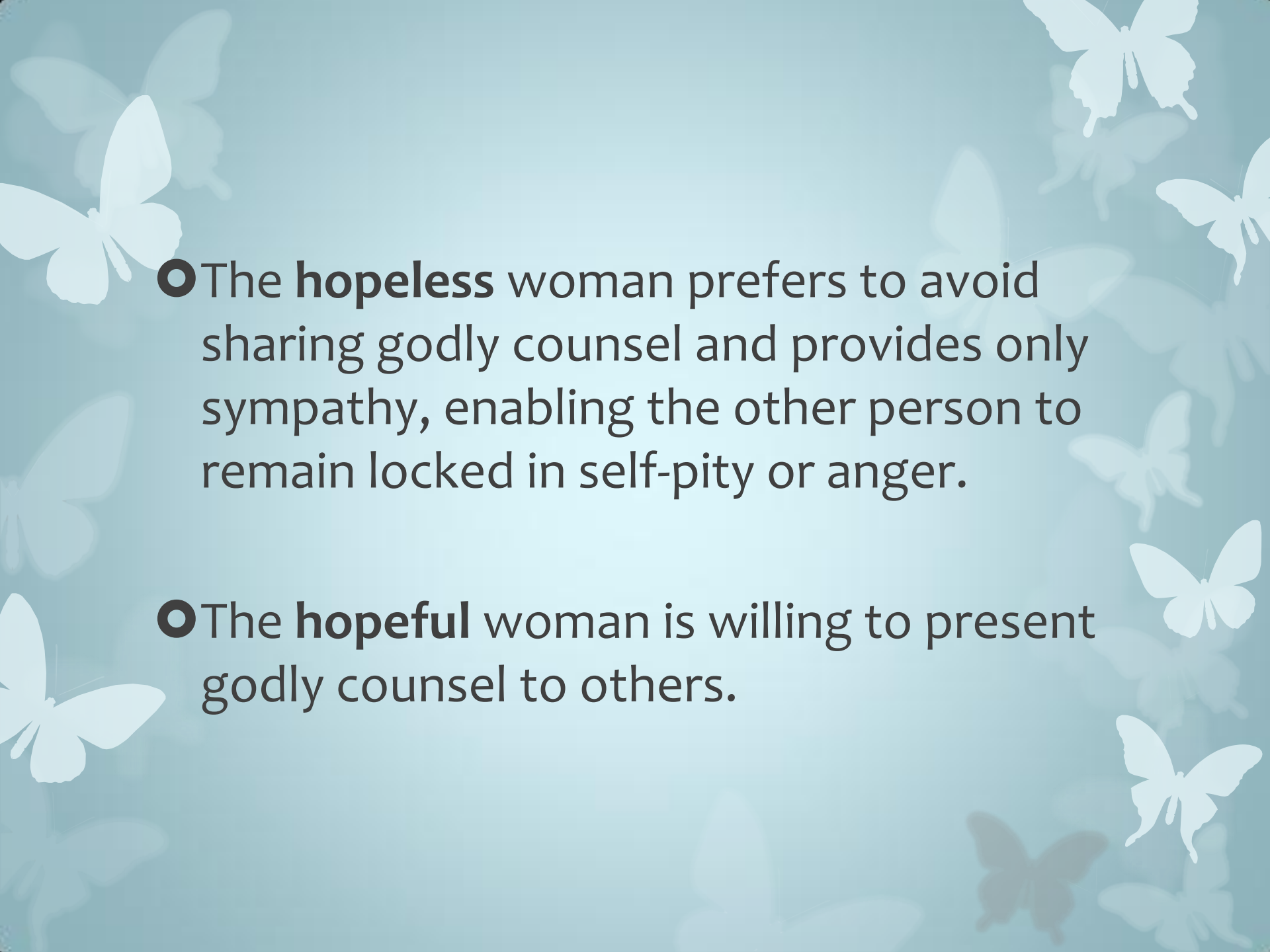
That this is a rebellious people, lying
children, children that will not hear
the law of the Lord: Which say to the
seers, See not; and to the prophets,
Prophecy not unto us right things,
speak unto us smooth things,
prophecy deceits:

Isaiah 30:9-12




Shew me thy ways, O Lord;
teach me thy paths. Lead me in
thy truth, and teach me: for
thou art the God of my
salvation; on thee do I wait all
the day.

Psalm 25:4-5



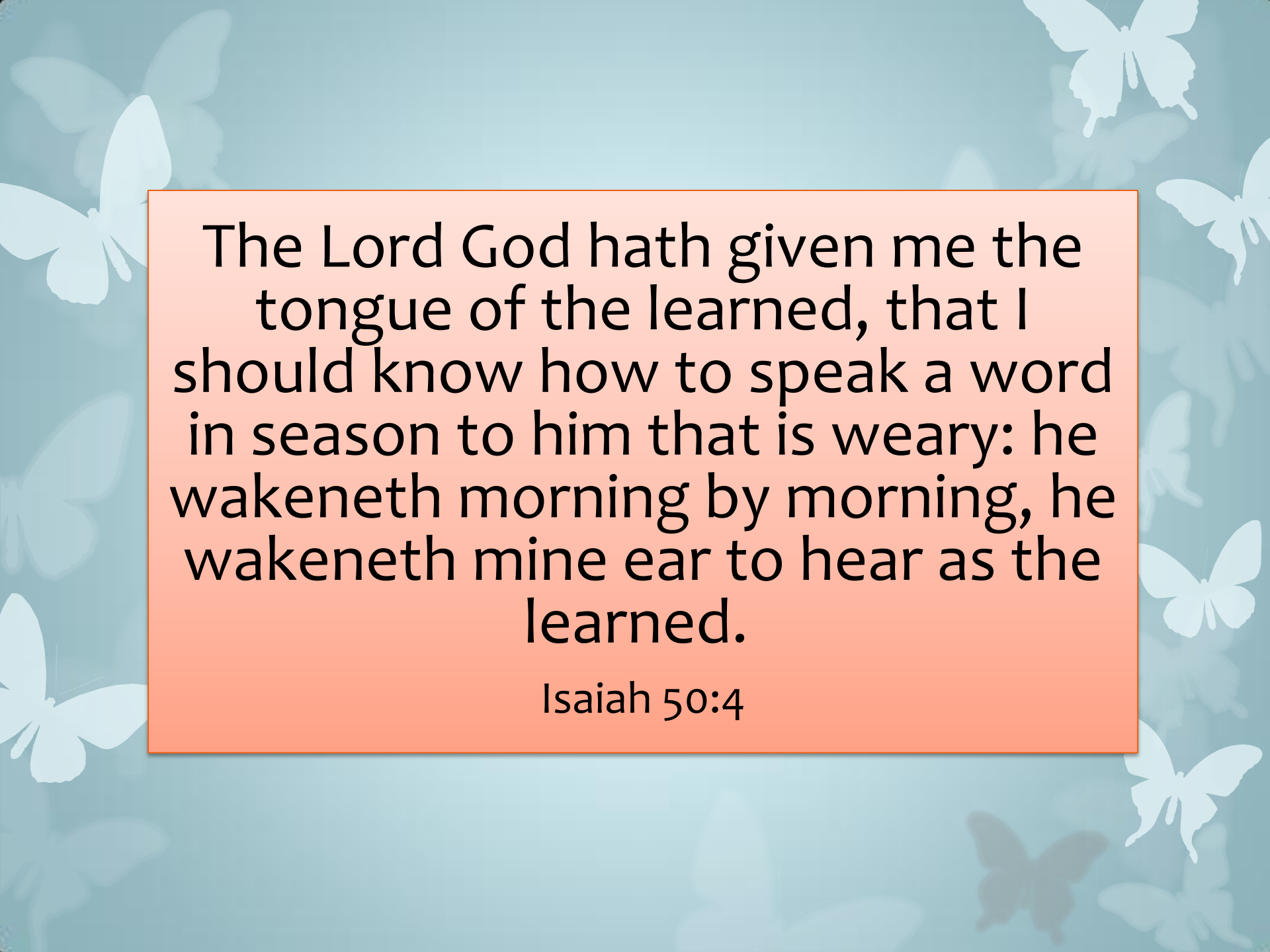
● The **hopeless** woman prefers to avoid sharing godly counsel and provides only sympathy, enabling the other person to remain locked in self-pity or anger.

● The **hopeful** woman is willing to present godly counsel to others.



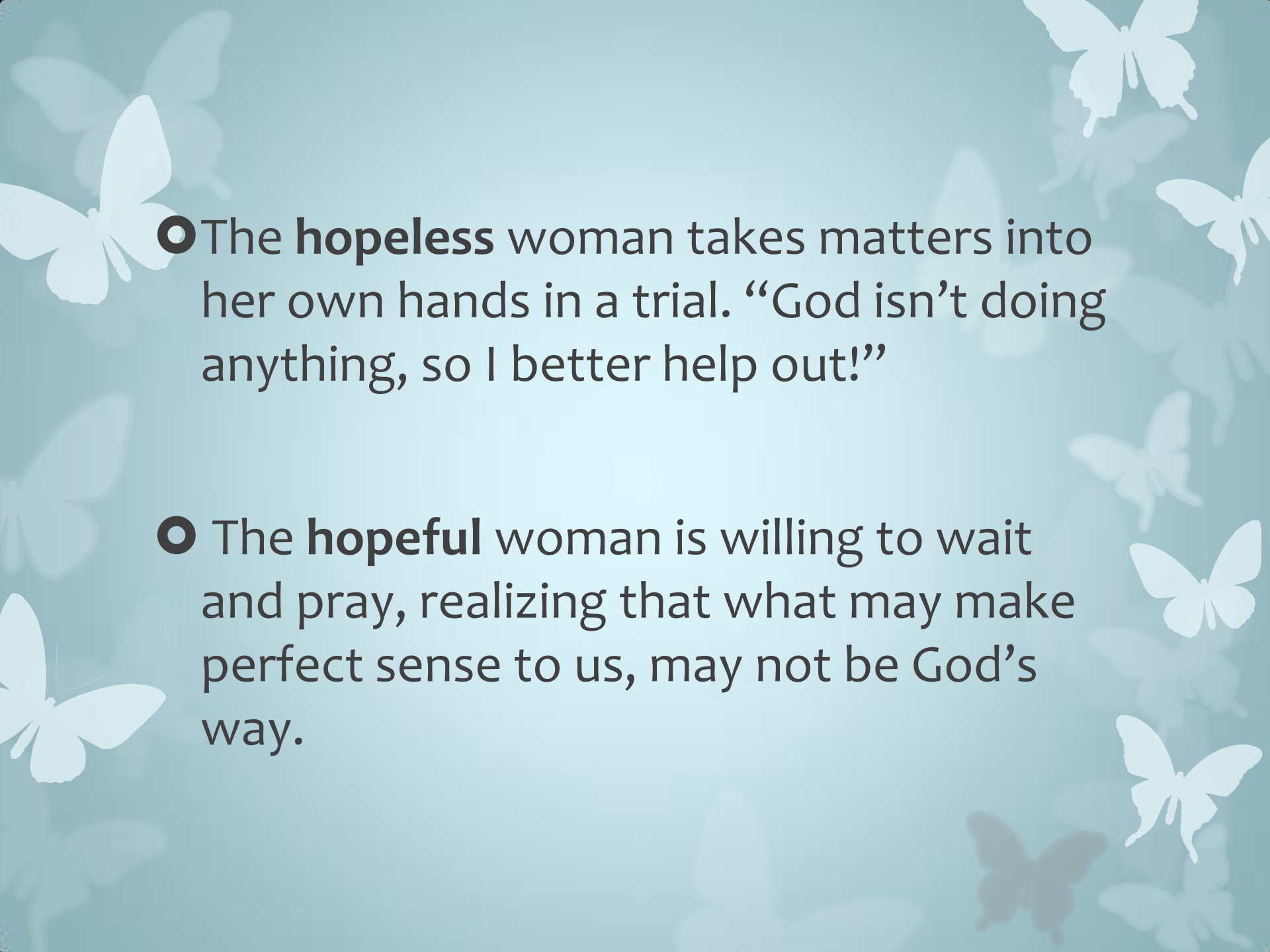
Faithful are the wounds of a
friend; but the kisses of an
enemy are deceitful.

Proverbs 27:6



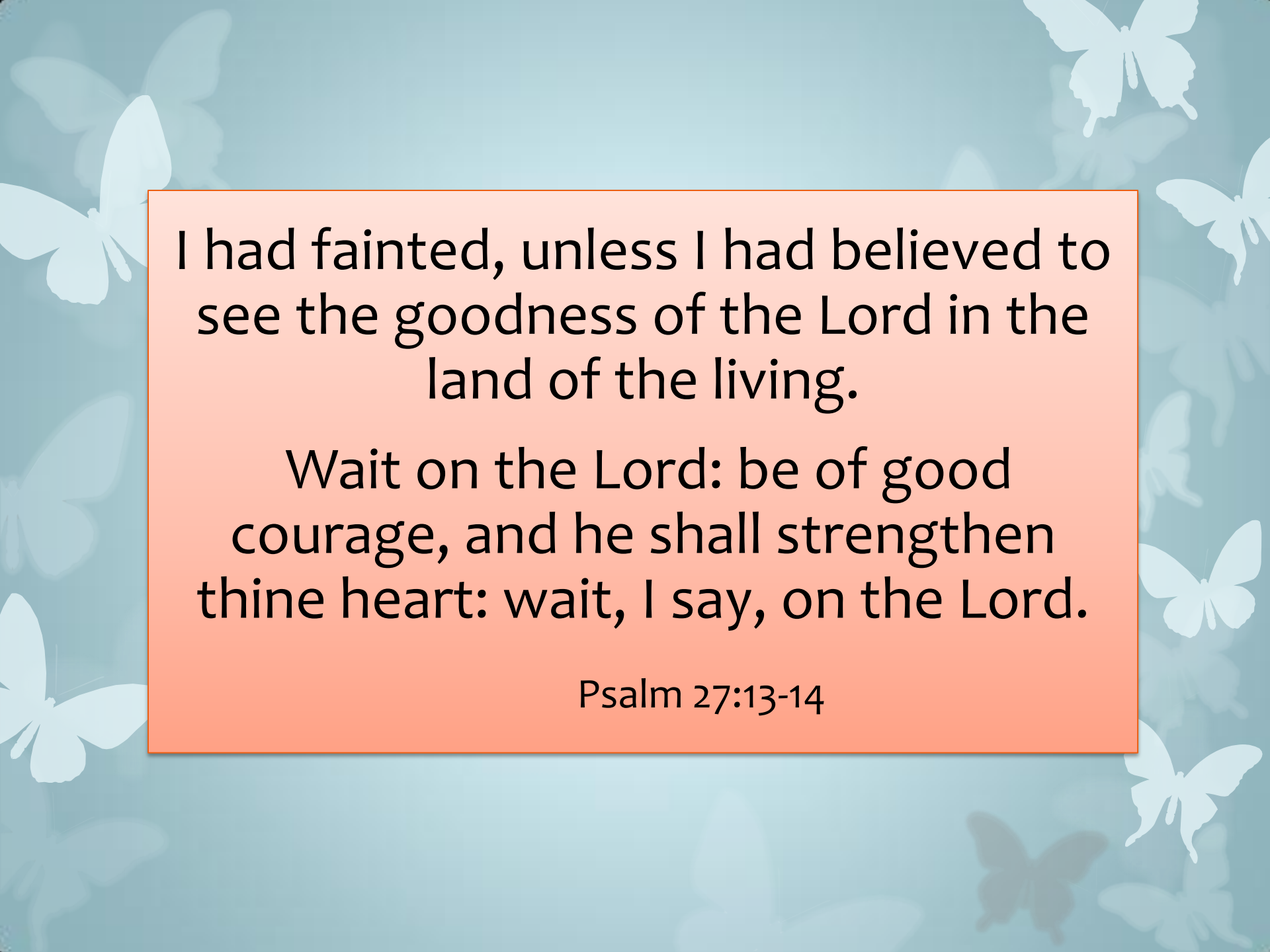
The Lord God hath given me the
tongue of the learned, that I
should know how to speak a word
in season to him that is weary: he
wakeneth morning by morning, he
wakeneth mine ear to hear as the
learned.

Isaiah 50:4



● The **hopeless** woman takes matters into her own hands in a trial. “God isn’t doing anything, so I better help out!”

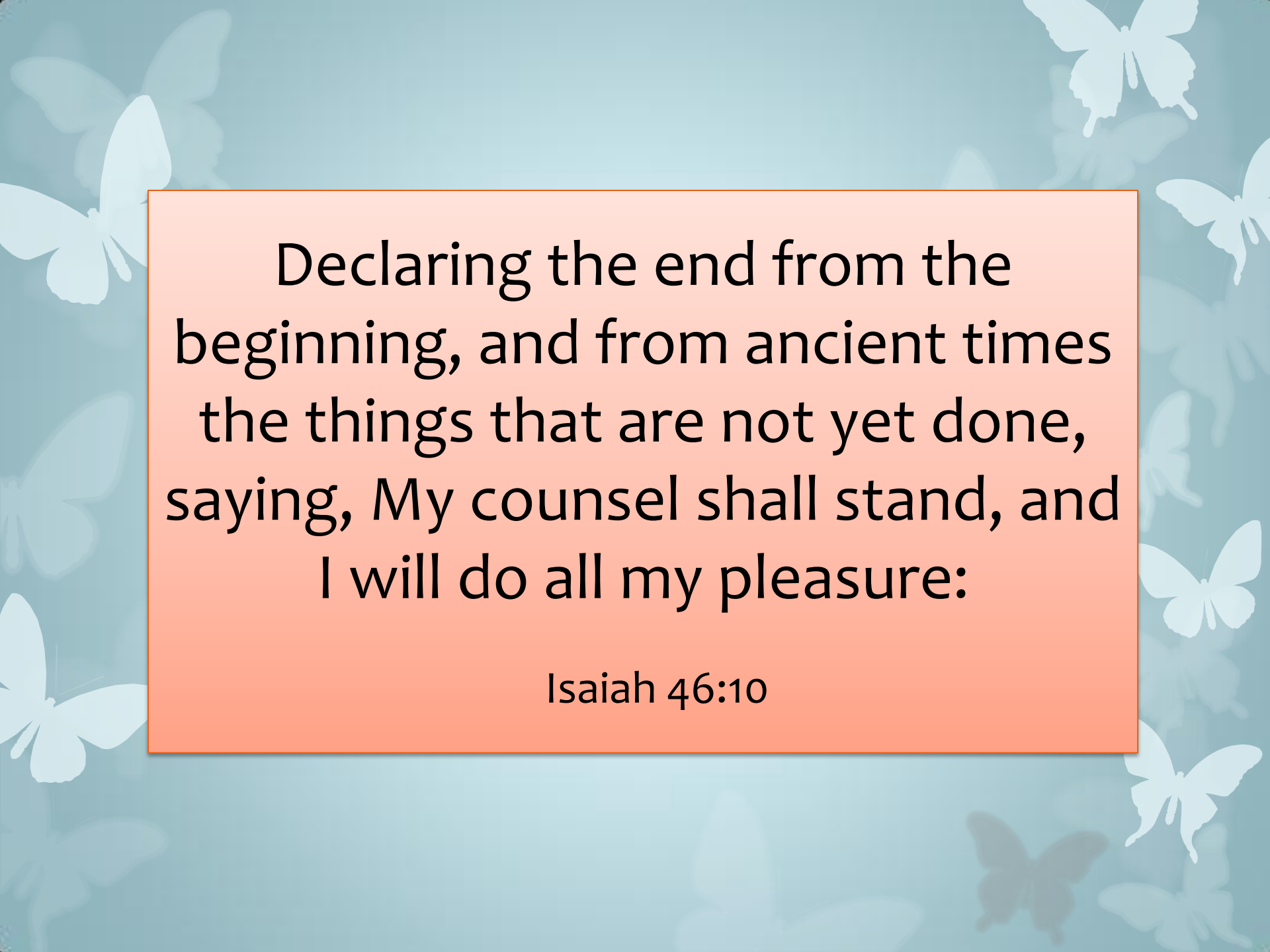
● The **hopeful** woman is willing to wait and pray, realizing that what may make perfect sense to us, may not be God’s way.



I had fainted, unless I had believed to
see the goodness of the Lord in the
land of the living.

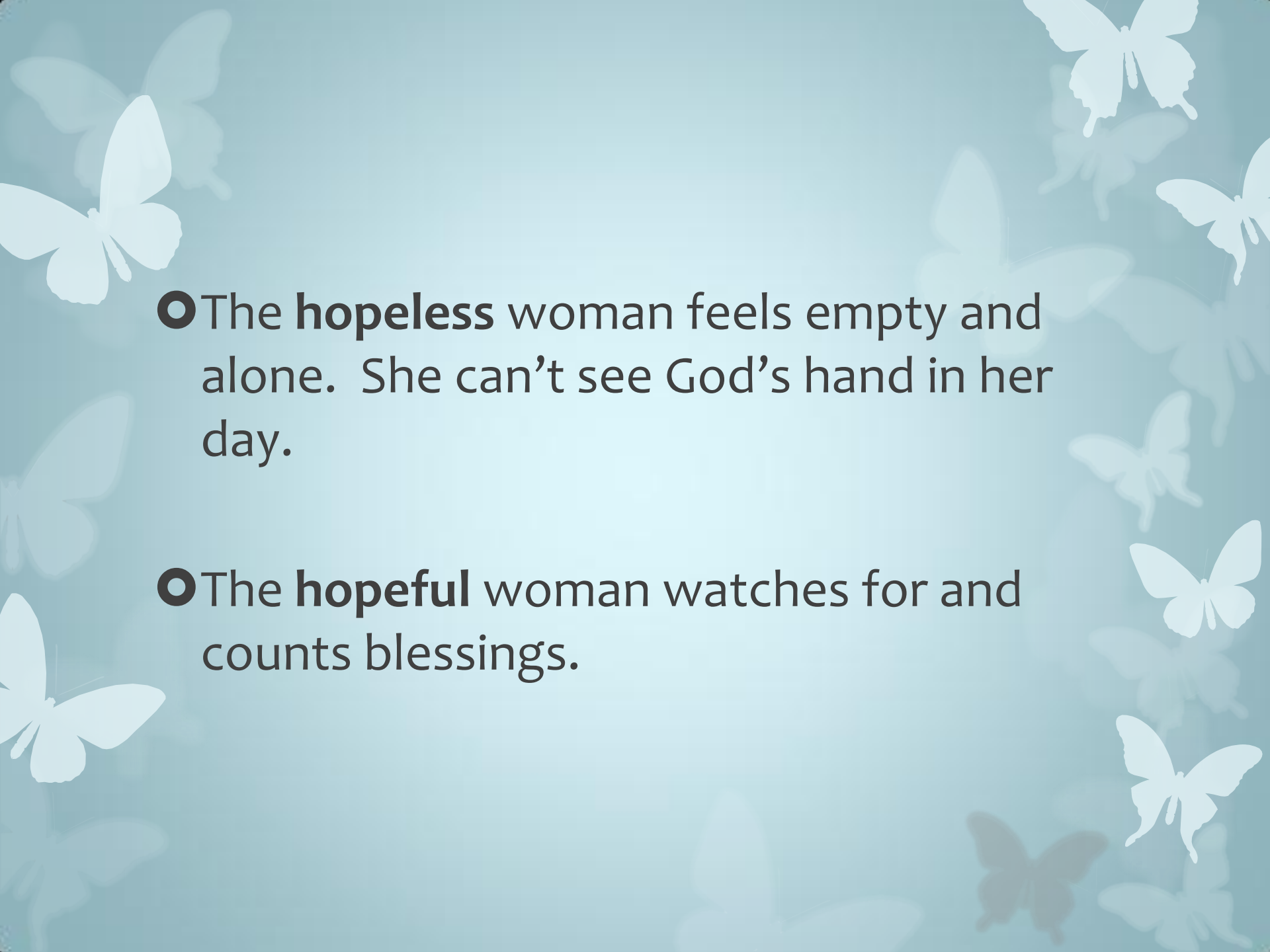
Wait on the Lord: be of good
courage, and he shall strengthen
thine heart: wait, I say, on the Lord.

Psalm 27:13-14



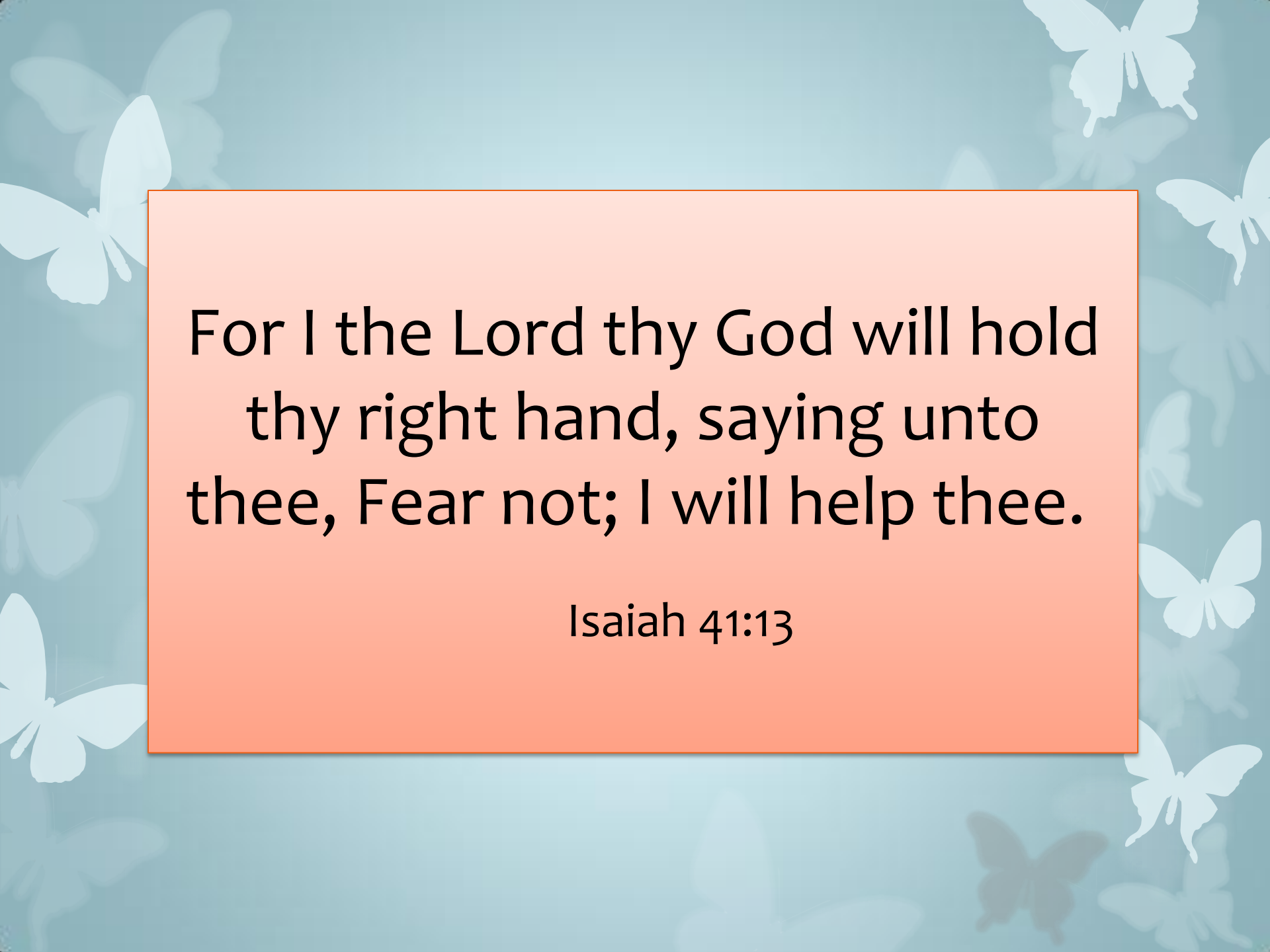
Declaring the end from the beginning, and from ancient times the things that are not yet done, saying, My counsel shall stand, and I will do all my pleasure:

Isaiah 46:10



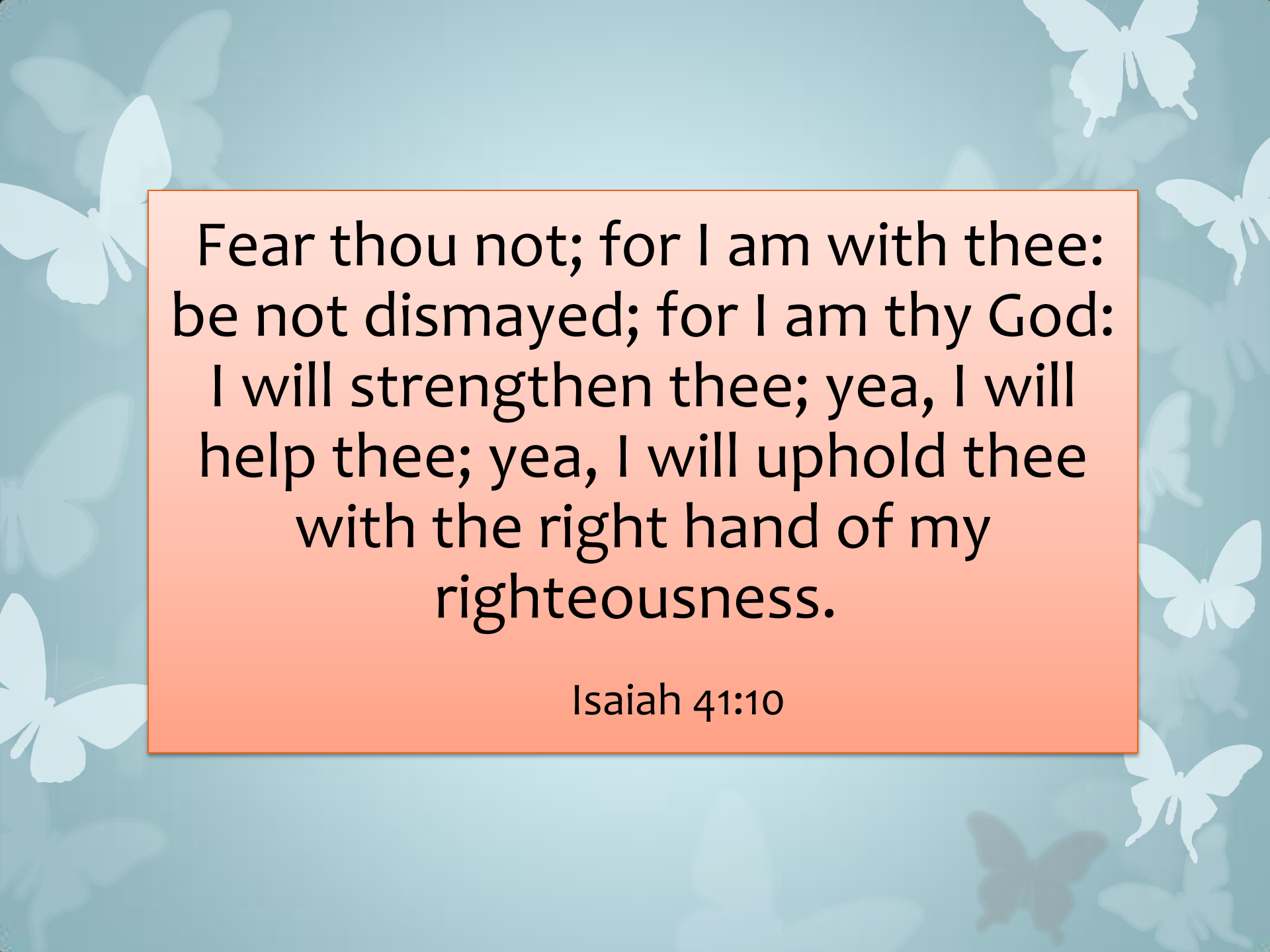
● The **hopeless** woman feels empty and alone. She can't see God's hand in her day.

● The **hopeful** woman watches for and counts blessings.



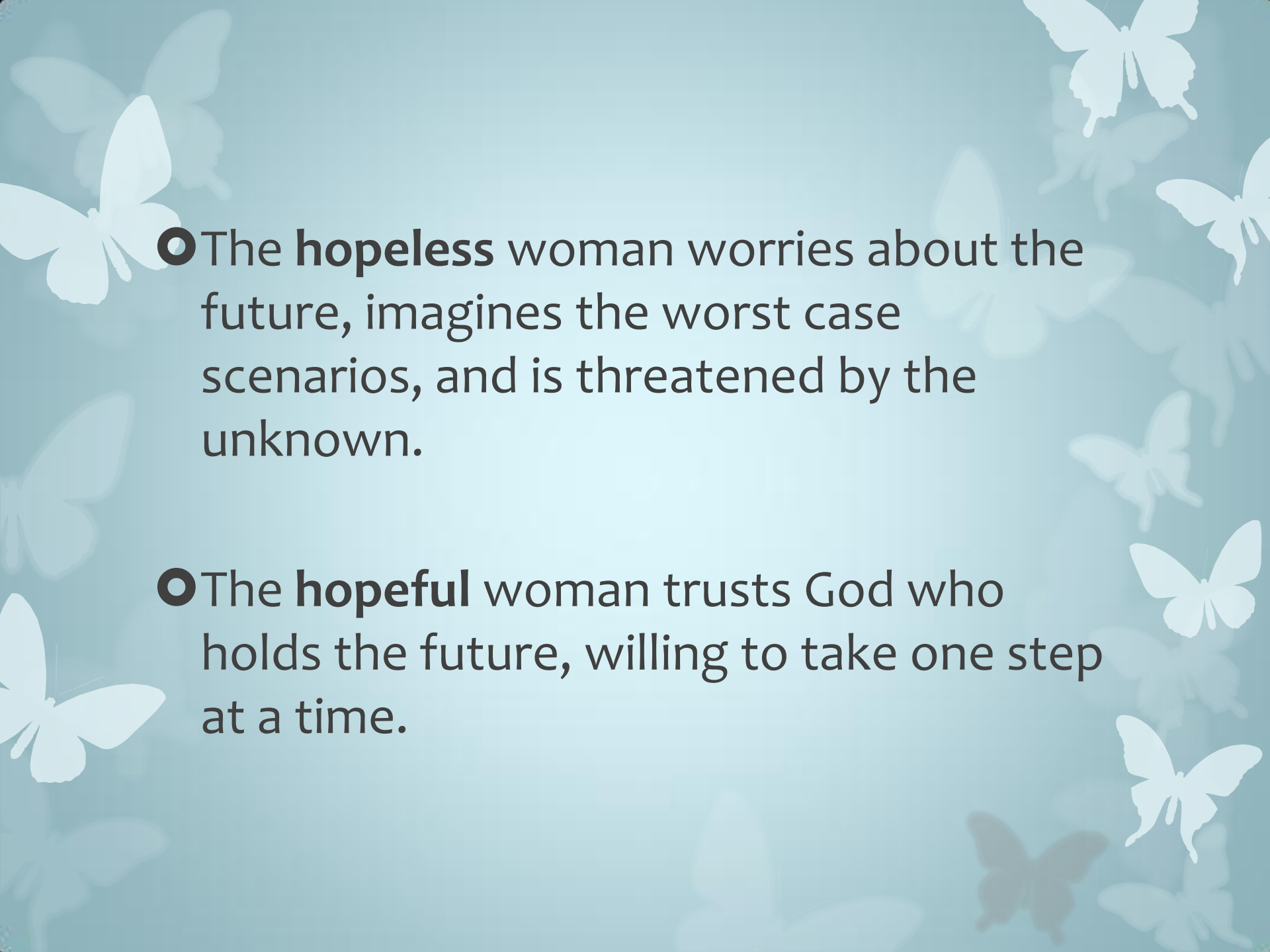
For I the Lord thy God will hold
thy right hand, saying unto
thee, Fear not; I will help thee.

Isaiah 41:13




Fear thou not; for I am with thee:
be not dismayed; for I am thy God:
I will strengthen thee; yea, I will
help thee; yea, I will uphold thee
with the right hand of my
righteousness.

Isaiah 41:10



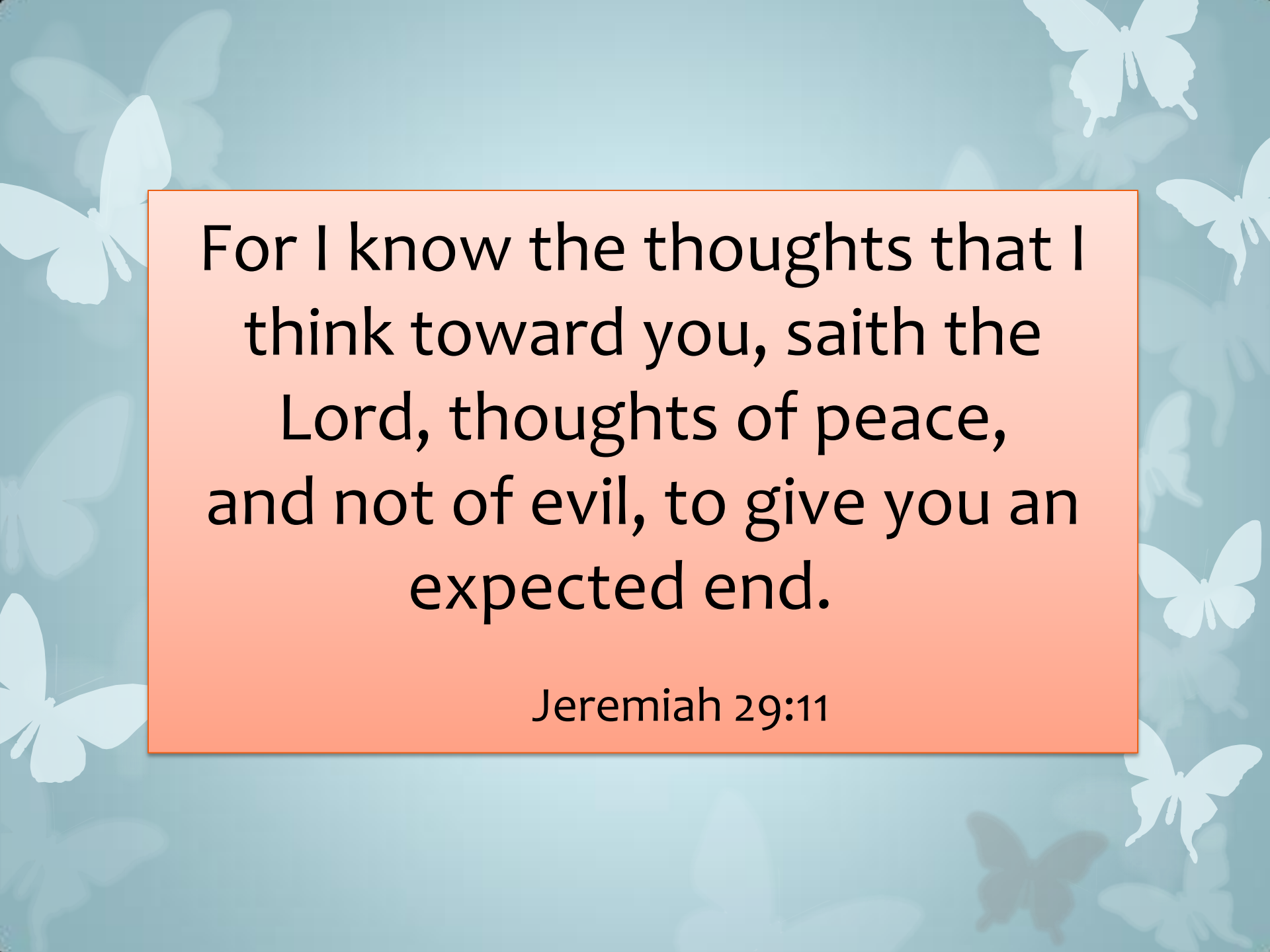
● The **hopeless** woman worries about the future, imagines the worst case scenarios, and is threatened by the unknown.

● The **hopeful** woman trusts God who holds the future, willing to take one step at a time.



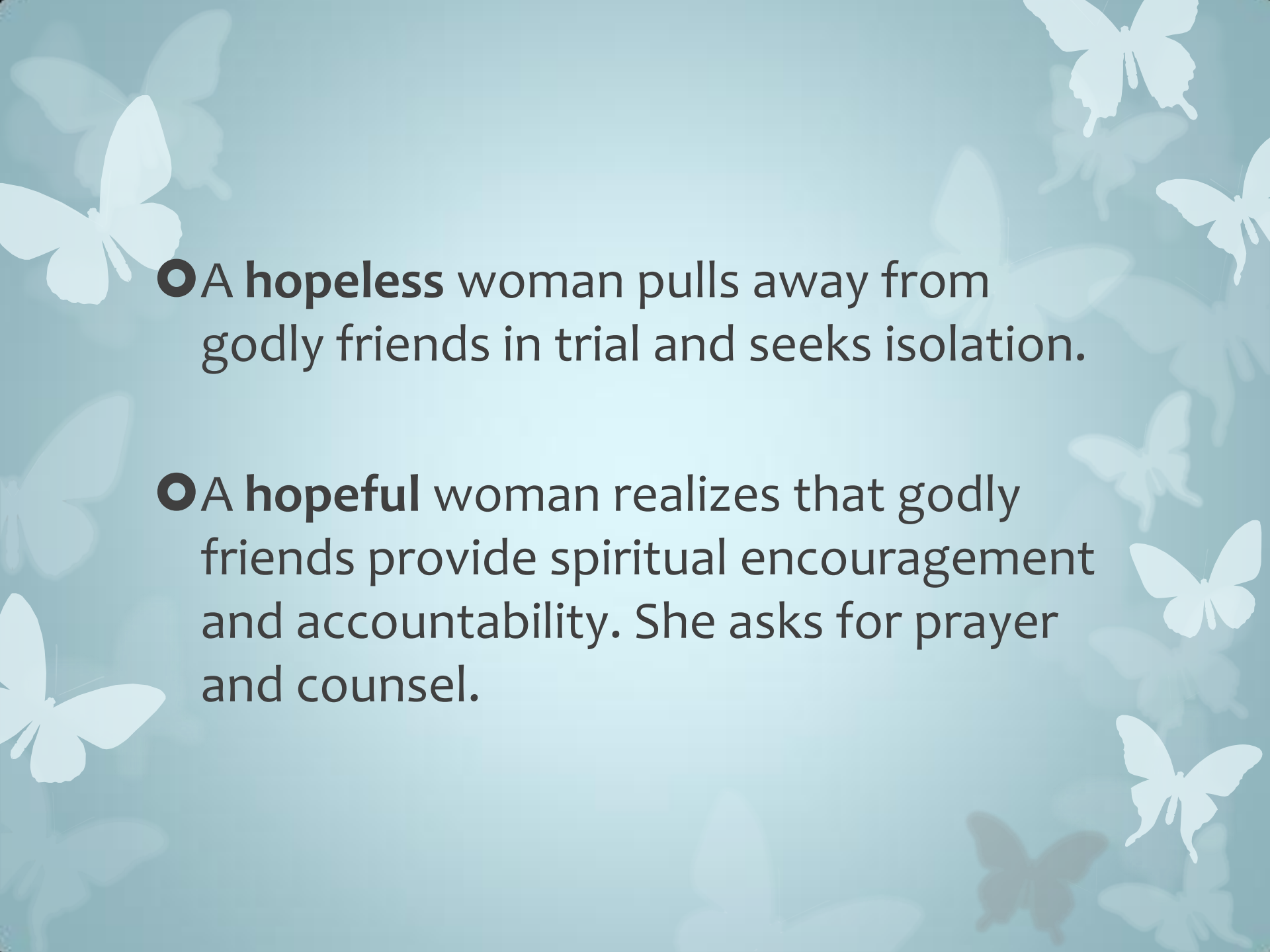
He shall not be afraid of evil
tidings: his heart is fixed,
trusting in the Lord.

Psalm 112:7



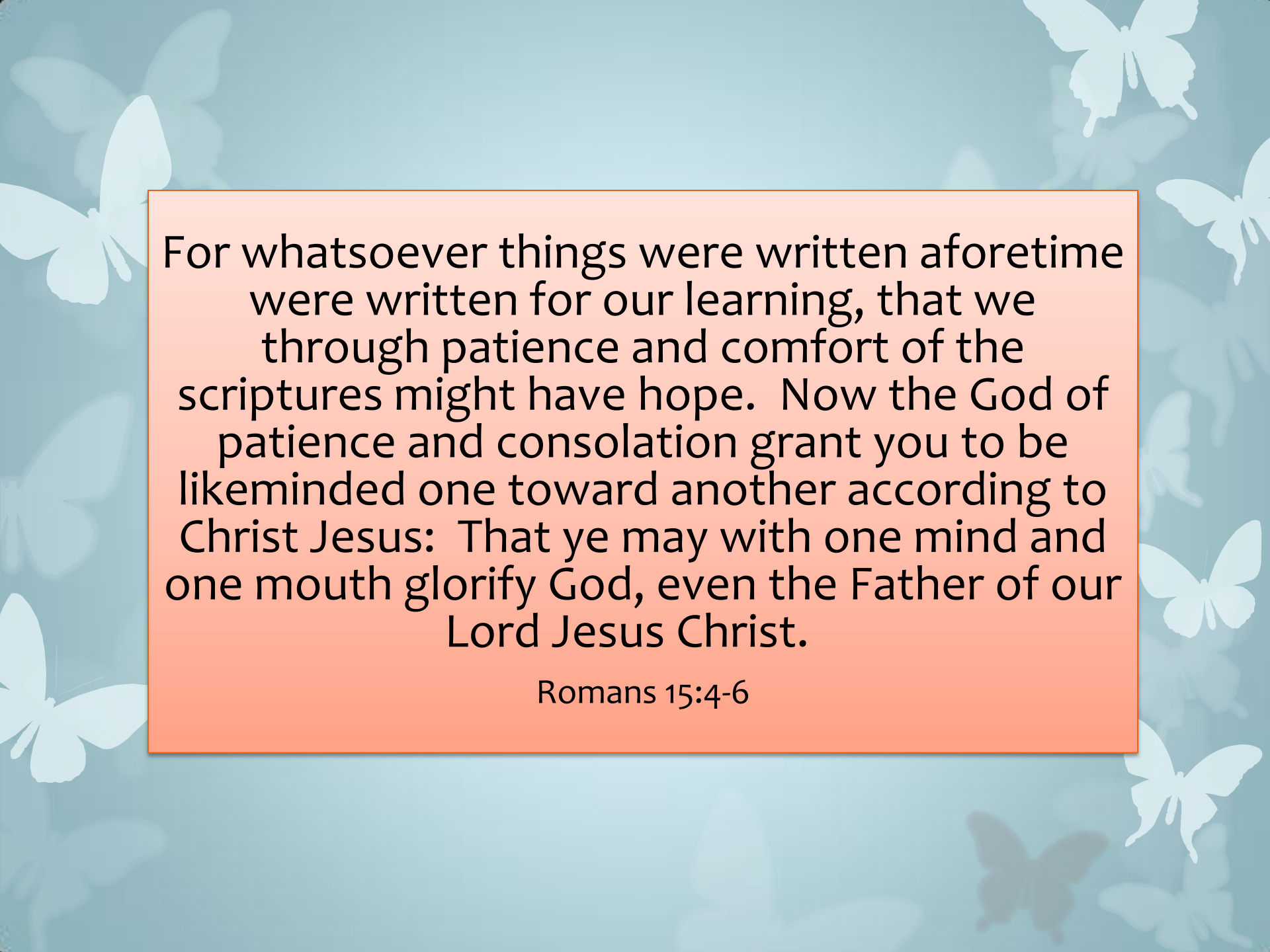
For I know the thoughts that I
think toward you, saith the
Lord, thoughts of peace,
and not of evil, to give you an
expected end.

Jeremiah 29:11



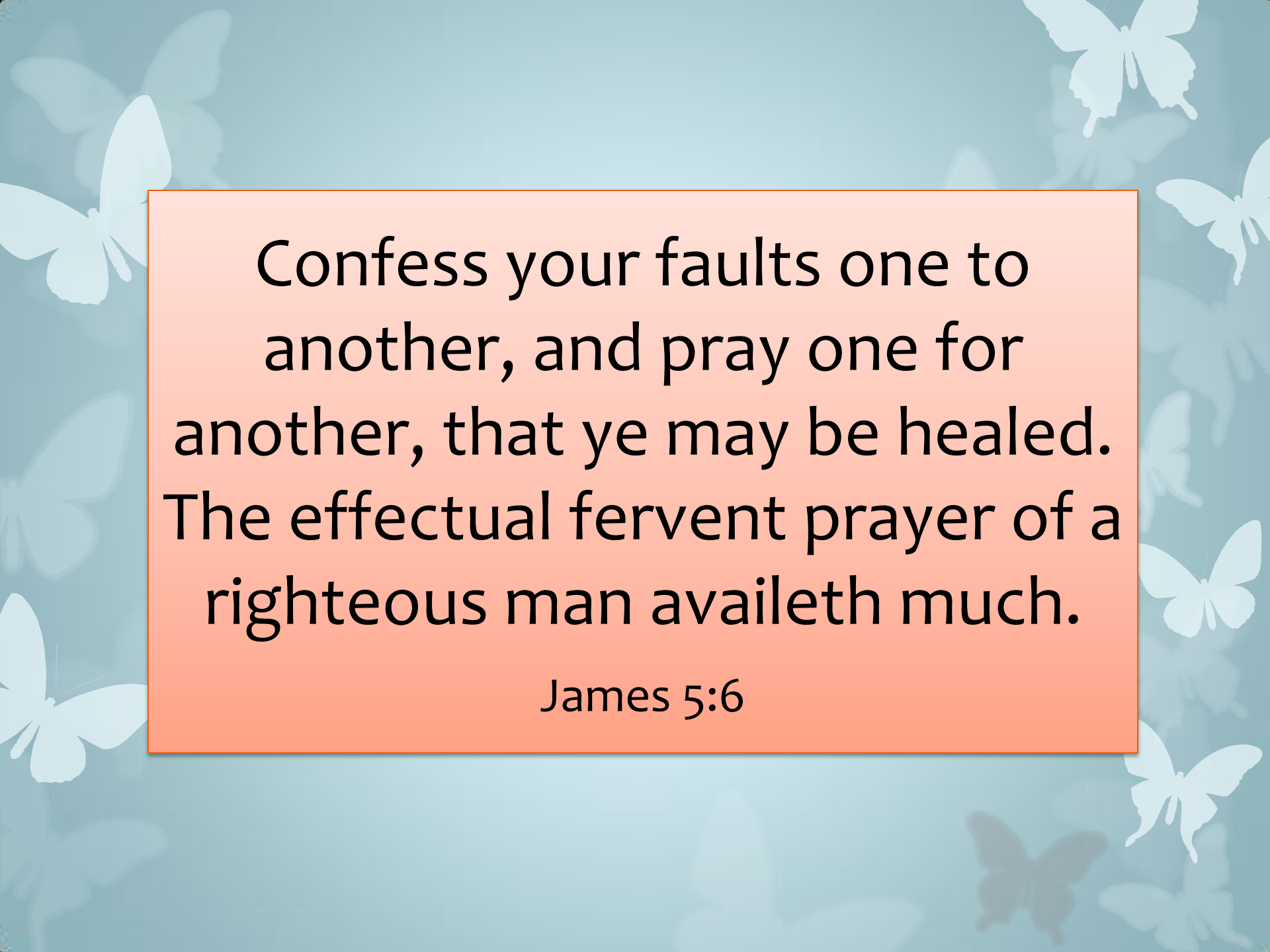
● A **hopeless** woman pulls away from godly friends in trial and seeks isolation.

● A **hopeful** woman realizes that godly friends provide spiritual encouragement and accountability. She asks for prayer and counsel.



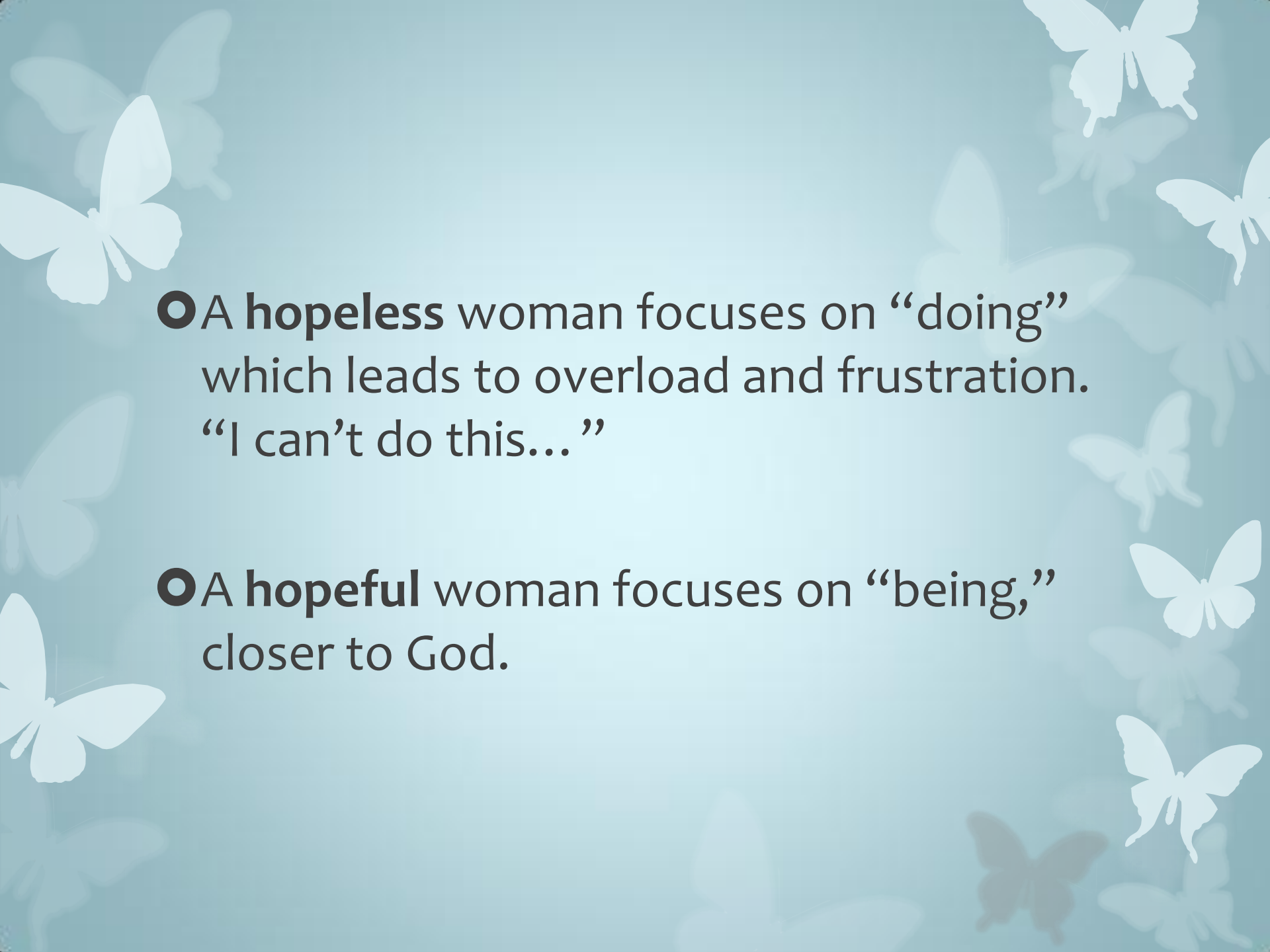
For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope. Now the God of patience and consolation grant you to be likeminded one toward another according to Christ Jesus: That ye may with one mind and one mouth glorify God, even the Father of our Lord Jesus Christ.

Romans 15:4-6



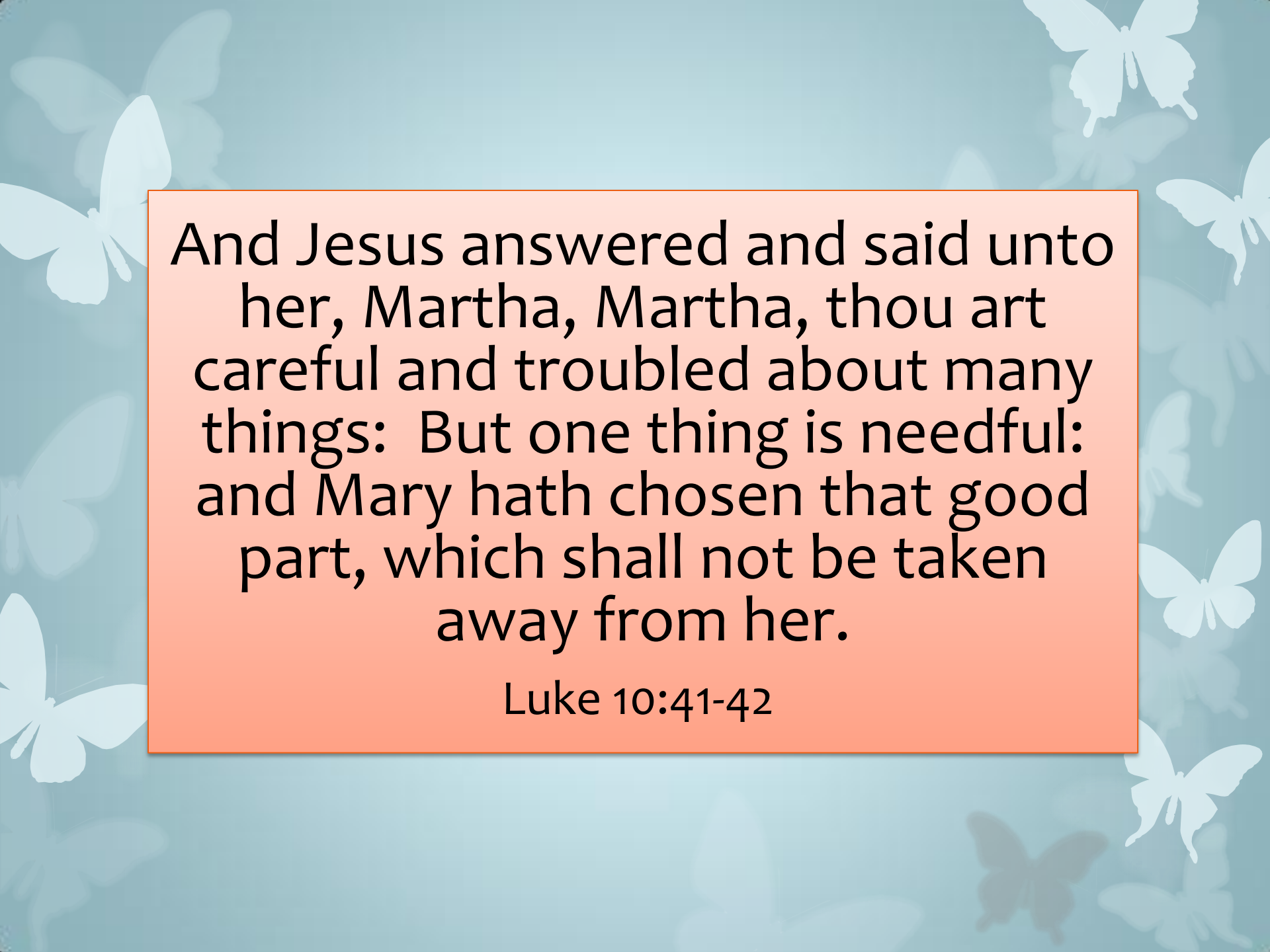
Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

James 5:6



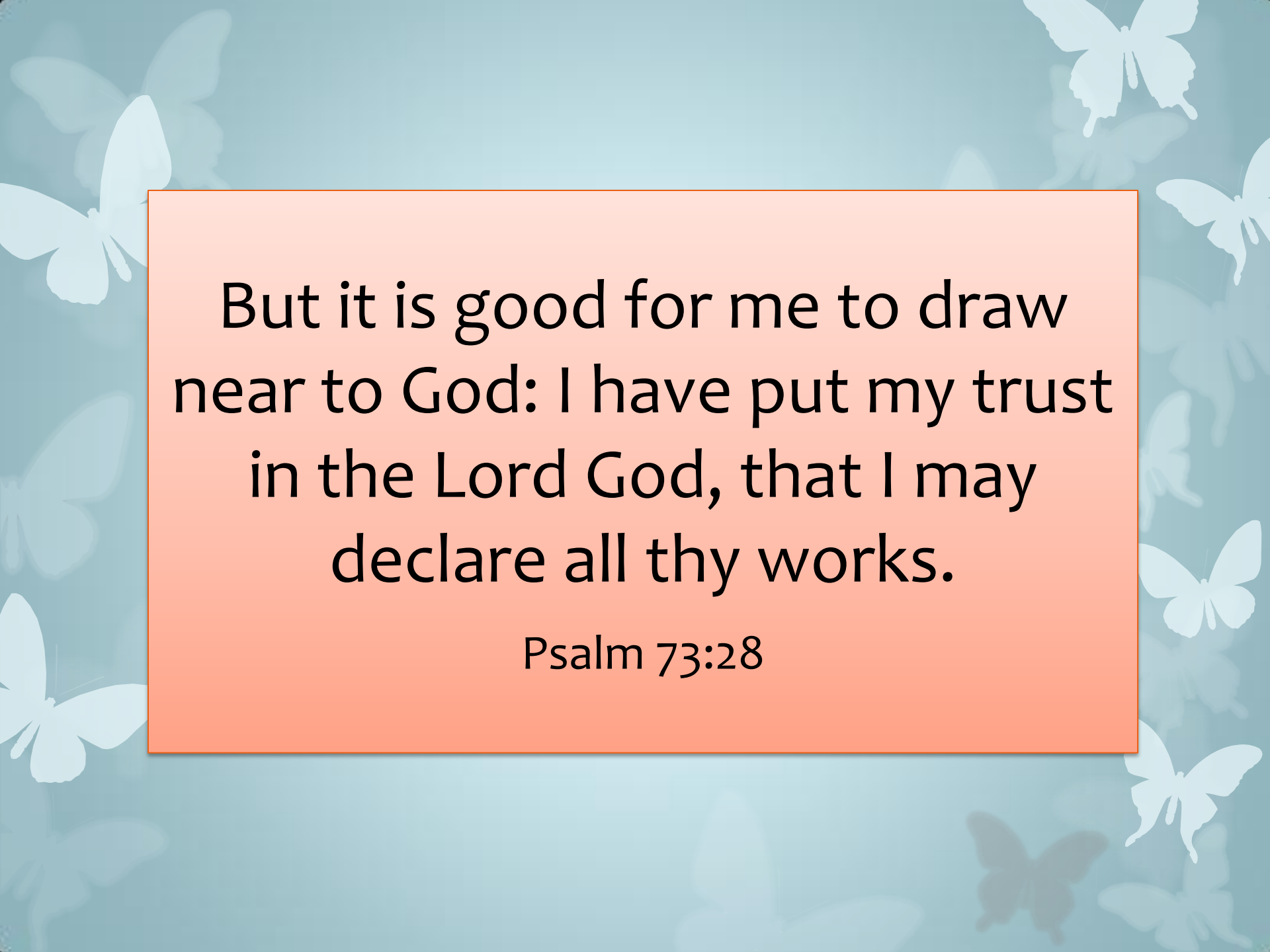
● A **hopeless** woman focuses on “doing” which leads to overload and frustration. “I can’t do this...”

● A **hopeful** woman focuses on “being,” closer to God.



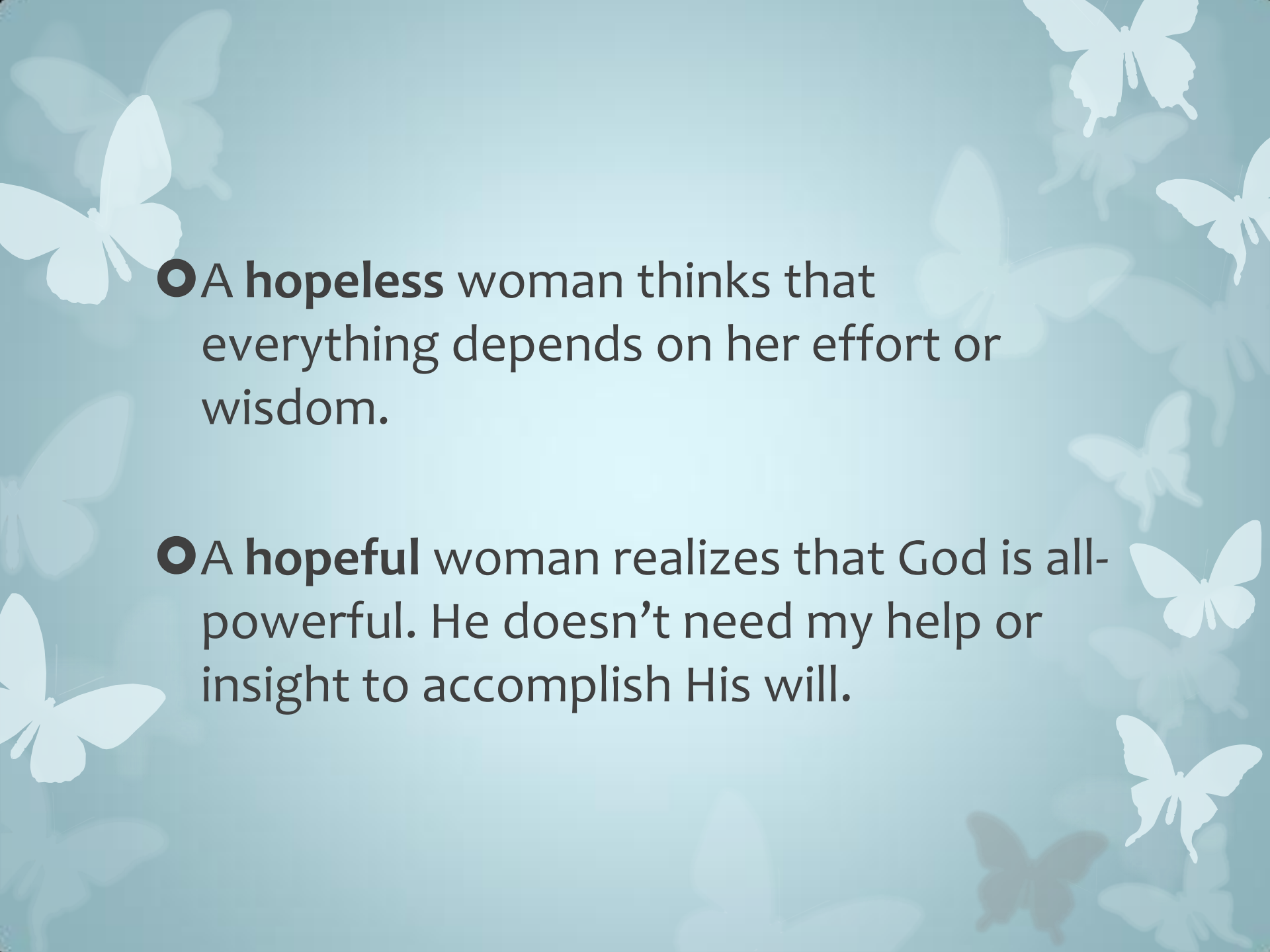
And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things: But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.

Luke 10:41-42



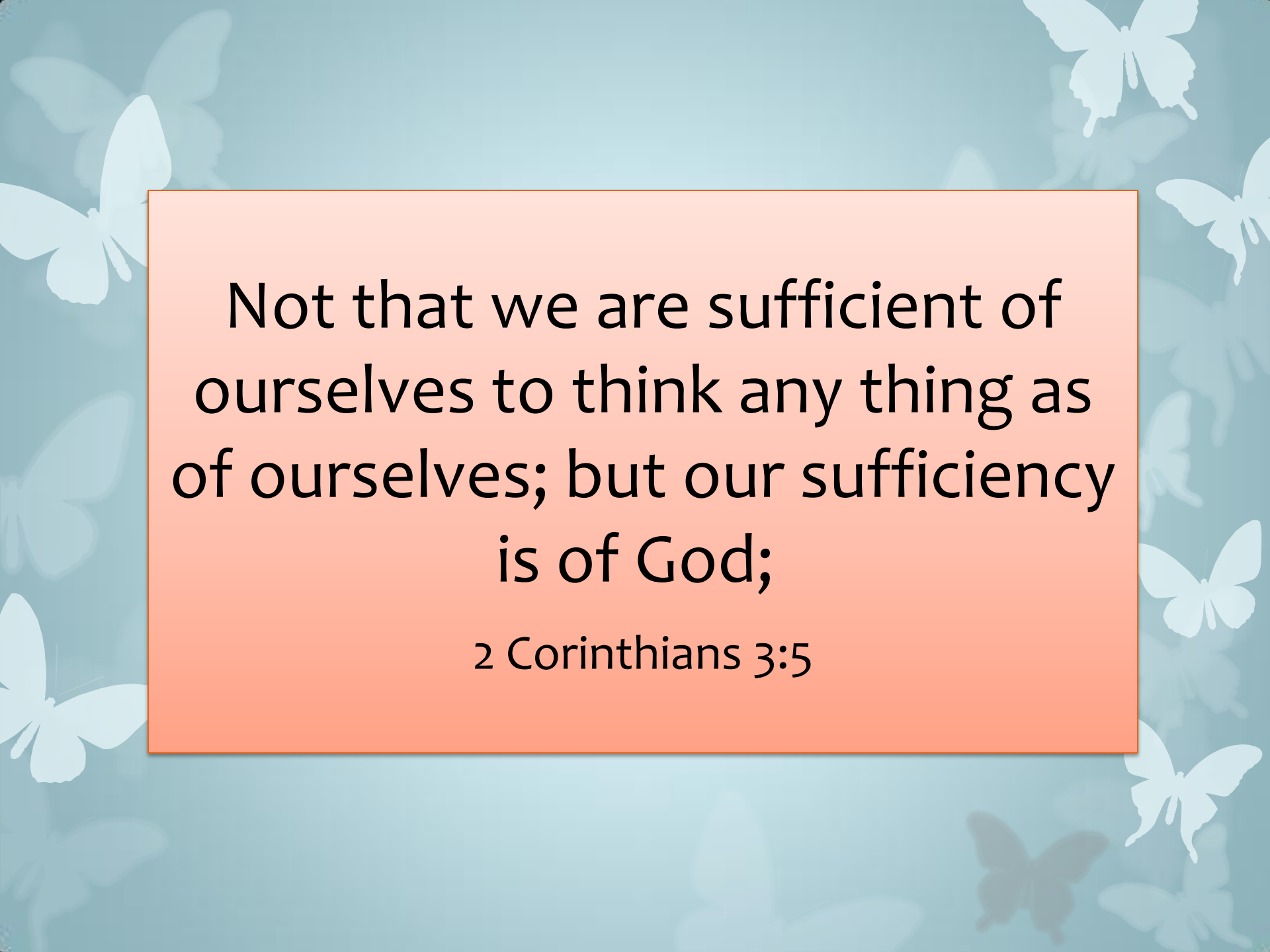
But it is good for me to draw
near to God: I have put my trust
in the Lord God, that I may
declare all thy works.

Psalm 73:28



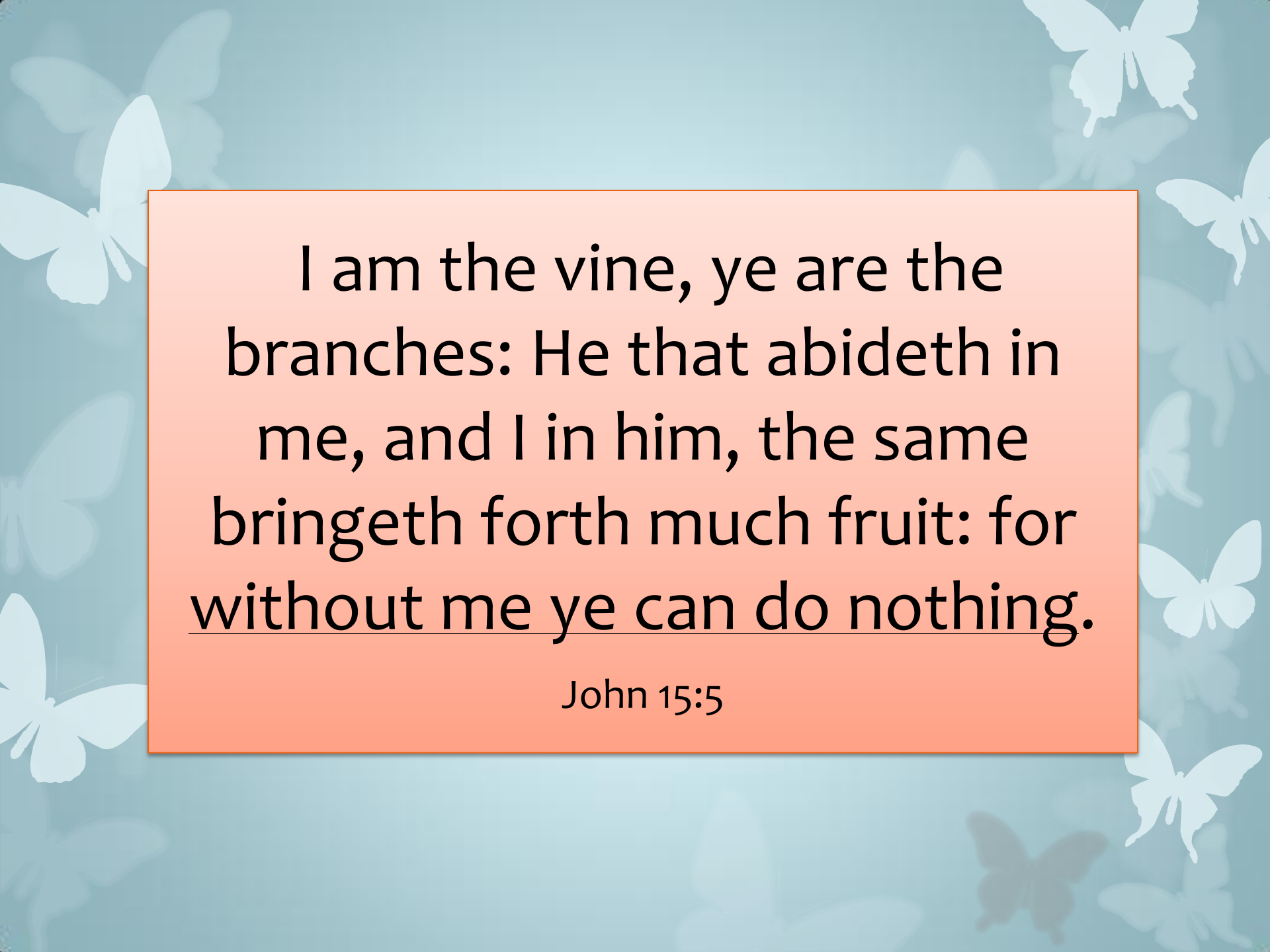
● A **hopeless** woman thinks that everything depends on her effort or wisdom.

● A **hopeful** woman realizes that God is all-powerful. He doesn't need my help or insight to accomplish His will.



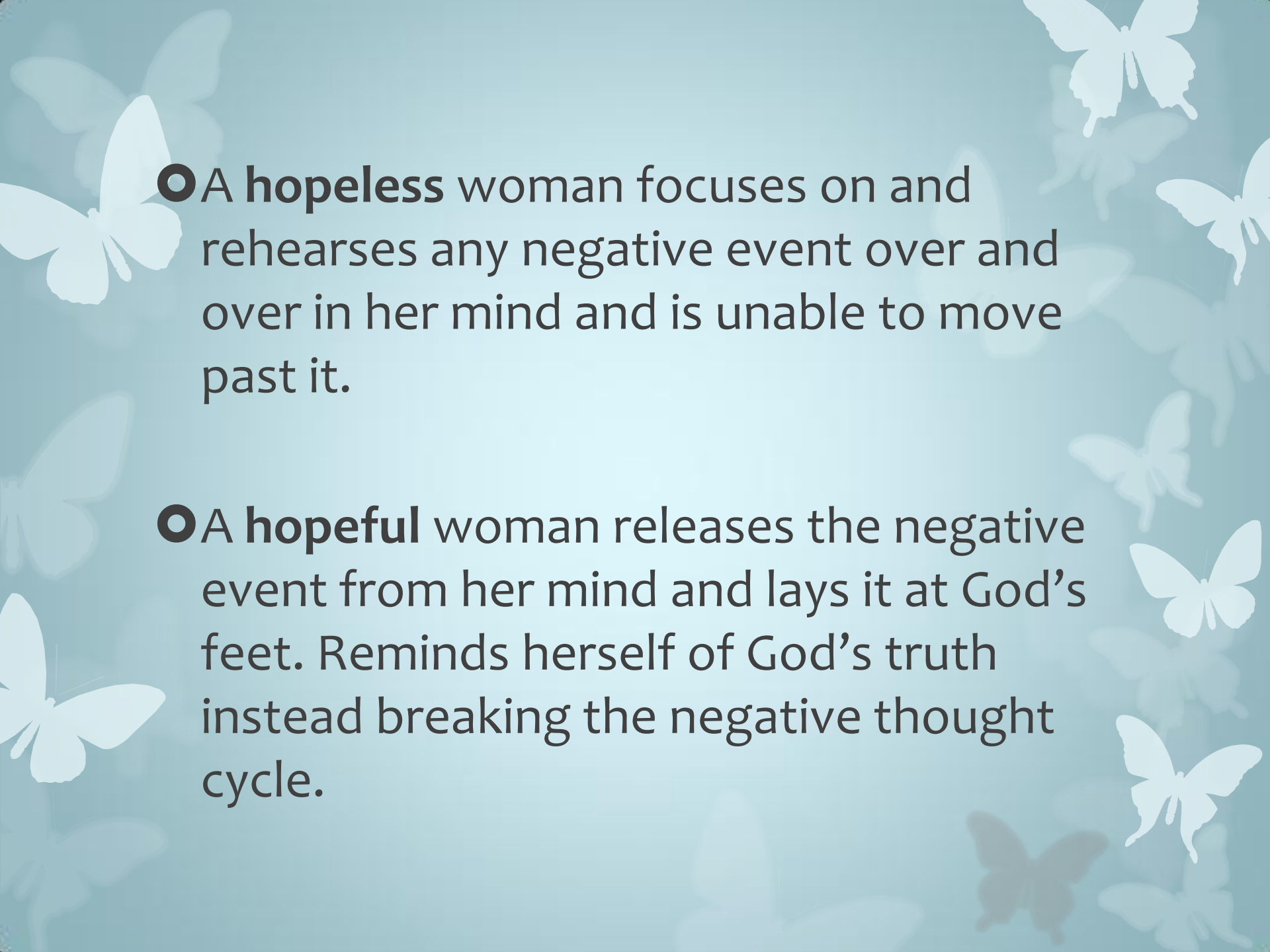
Not that we are sufficient of
ourselves to think any thing as
of ourselves; but our sufficiency
is of God;

2 Corinthians 3:5



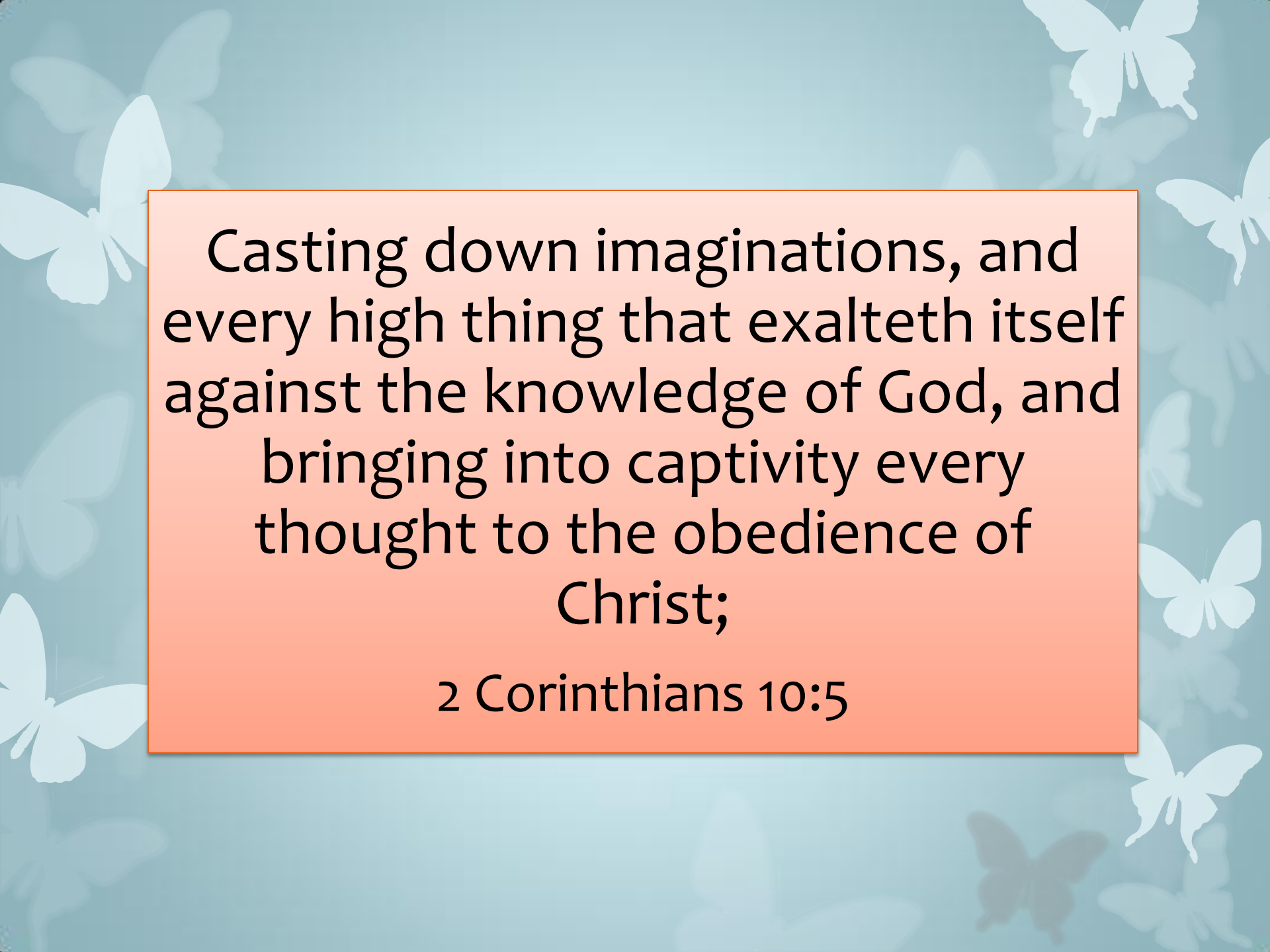
I am the vine, ye are the
branches: He that abideth in
me, and I in him, the same
bringeth forth much fruit: for
without me ye can do nothing.

John 15:5



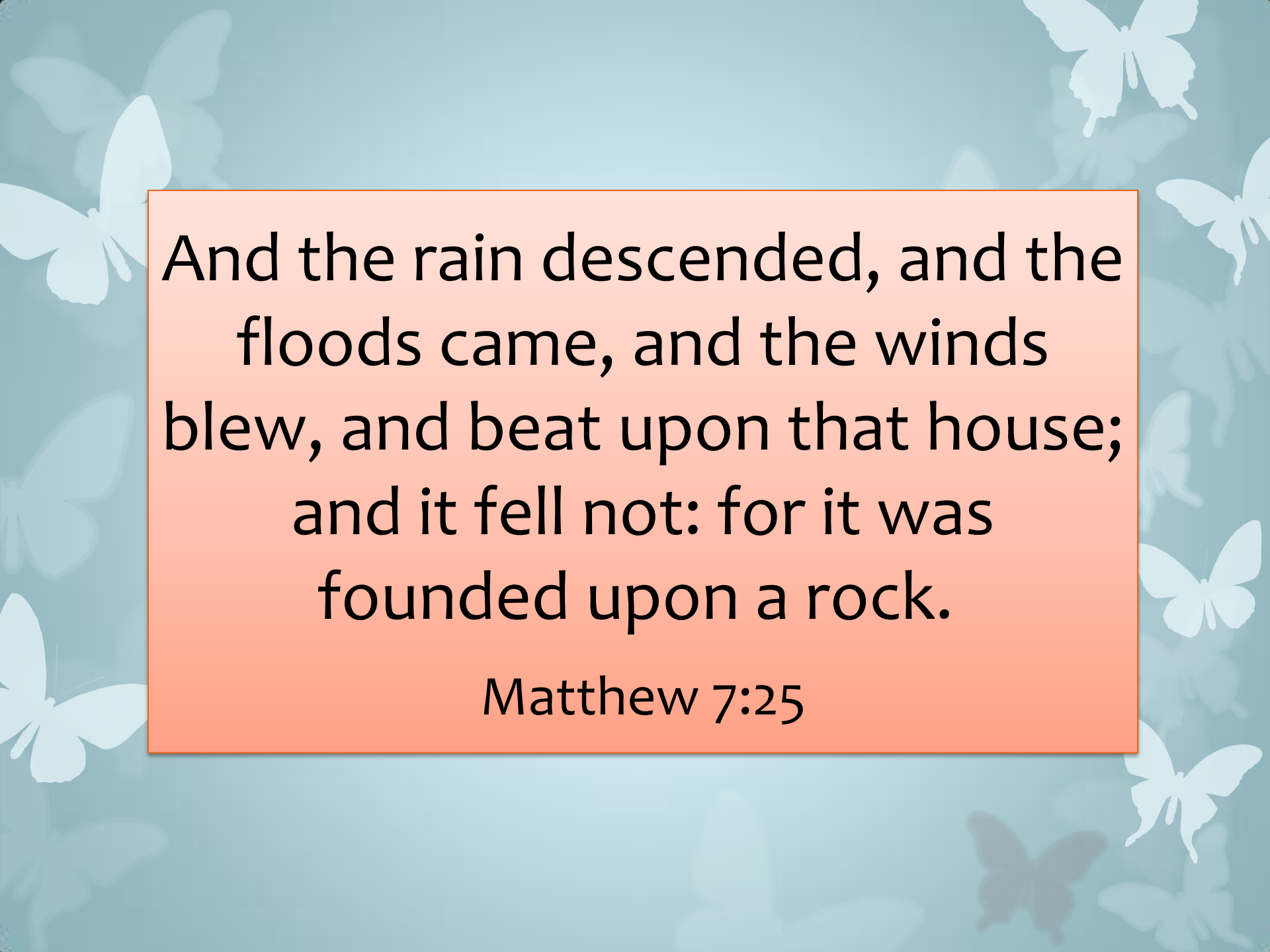
● A **hopeless** woman focuses on and rehearses any negative event over and over in her mind and is unable to move past it.

● A **hopeful** woman releases the negative event from her mind and lays it at God's feet. Reminds herself of God's truth instead breaking the negative thought cycle.



Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

2 Corinthians 10:5



And the rain descended, and the
floods came, and the winds
blew, and beat upon that house;
and it fell not: for it was
founded upon a rock.

Matthew 7:25

How to Strengthen Your Hope

- Take care of physical needs.
- Take off your negative glasses.
- Take a personal hope inventory.
- Look for someone with experience.
- Consider if someone reaches out to you.
- Reach out when you are struggling.

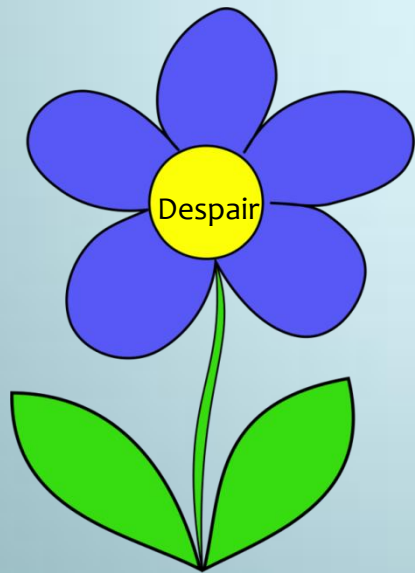
How to Strengthen Your Hope (2)

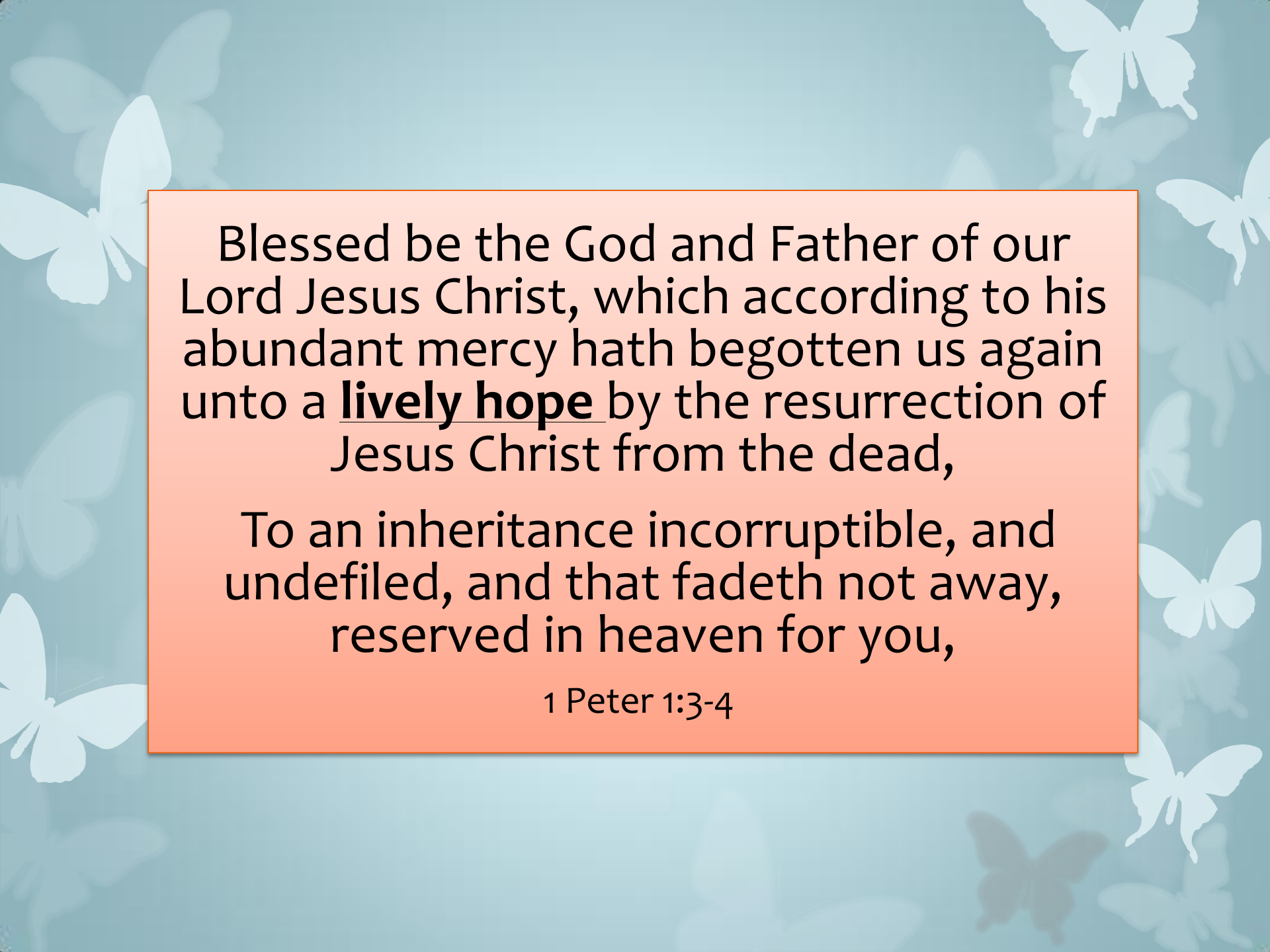
- Don't miss church.
- Invest in your marriage.
- Stop thinking yourself down into a pit.
- Just say NO !
- Listen to Kingdom music.
- Do not walk by sight, but by faith.

How to Strengthen Your Hope (3)

- Look for God's Sovereign Hand in everything.
- Prepare a list of Scriptures on hope.
- Memorize God's promises.
- Consider the situations you see around you.
- Practice ruling emotional responses.
- Pray specifically for more hope.

What you water is what grows.....





Blessed be the God and Father of our Lord Jesus Christ, which according to his abundant mercy hath begotten us again unto a **lively hope** by the resurrection of Jesus Christ from the dead,

To an inheritance incorruptible, and undefiled, and that fadeth not away, reserved in heaven for you,

1 Peter 1:3-4

But let us, who are of the day,
be sober, putting on the
breastplate of faith and love;
and for an helmet,
the hope of salvation.

¹ Thessalonians 5:8

