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The Cure For A Sick Heart

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Psalm 39:7 And now, O Lord, for what do I wait? My hope is in You.

Proverbs 10:28 The hope of the righteous is joy, but the expectations of the wicked will perish.

Proverbs 13:12 Hope deferred makes the heart sick, but desire fulfilled is a tree of life.

I Peter 1:3-5 ³Blessed be the God and Father of our Lord Jesus Christ! By His great mercy He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, ⁴and into an inheritance that is imperishable, undefiled, and unfading, reserved in heaven for you, ⁵who through faith are shielded by God's power for the salvation that is ready to be revealed in the last time. (BSB)

I Peter 1:13-16 ¹³Therefore prepare your minds for action. Be sober-minded. Set your hope fully on the grace to be given you at the revelation of Jesus Christ. ¹⁴As obedient children, do not conform to the passions of your former ignorance. ¹⁵But just as He who called you is holy, so be holy in all you do, ¹⁶for it is written: "Be holy, because I am holy." (BSB)

Hope is the expectation of something positive that will happen in the future. This causes positive feelings about the present.

I. What do these passages tell us about hope?

- A. Our hope is in the **promises** that God has given to us. Psalm 39:7
- B. Our hope gives us joy in the **present**. Proverbs 10:28
- C. Our hope gives us **benefits** now. Proverbs 13:12
- D. Our hope in Jesus Christ **protects** us in our current situation. I Peter 1:3-5
- E. Our hope in Jesus Christ must cause us to live lives **worthy** of Him.
I Peter 1:13-16

II. Let's spend some time in prayer.

- A. Recall one promise that you know in God's word. Claim this promise by faith right now.
- B. Pray for joy in your current circumstance.
- C. Ask God to give you strength and courage to be the person that He desires you to be.
- D. Ask God for protection as you stand up for Him in this world.
- E. Ask God for forgiveness of anything that you have done that is not worthy of the calling that you have been given.