

THE HOPE YOU NEED FOR CHANGE
Getting Healthy Again
Part 2 of 8

"God blesses those people who grieve. They will find comfort!"
Matt. 5:4 (CEV)

"No one can live with a broken spirit." Pr. 18:14 (NCV)

WHERE TO GET HOPE WHEN CHANGE SEEMS HOPELESS

1. REMEMBER GOD _____

"Those who forget God have no hope." Job 8:11a (LB)

*"Lord, when doubts fill my mind, when my heart is in turmoil,
quiet me and give me renewed hope and cheer." Ps 94:19 (LB)*

2. REMEMBER HE CARES _____

*"I have hope when I think of this: The Lord's love never ends;
His mercies never stop. They are new every morning." Lam 3:21-23 (NCV)*

*"He is like a father to us, tender and sympathetic ...for He knows what we are made of—
dust." Ps. 103:13-14 (LB/GN)*

*"God showed His great love for us by sending Christ to die
for us." Rom. 5:8 (LB)*

3. REMEMBER HE KNOWS _____

"You know how troubled I am; You have kept a record of my tears." Ps. 56:6 (GN)

"...You have seen the crisis in my soul." Ps. 31:7 (LB)

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4. REMEMBER HE HAS _____

"What is impossible for men is possible with God." Luke 18:27 (GN)

"When everything was hopeless, Abraham believed anyway, deciding to live not on the basis of what he couldn't do but on what God said He would do." Rom. 4:18a (Mes)

"For God is at work within you, giving you the will and the power to achieve His purpose." Phil. 2:13 (Ph)

5. REMEMBER HE'S PROMISED _____

"I expect Your help, for You have promised it." Ps. 119:81 (LB)

"God cannot lie when He makes a promise, and He cannot lie when He makes an oath. These things encourage us...They give us strength to hold on to the hope we have been given." Heb. 6:18 (NCV)

STEP 2

Earnestly believe that God exists; that I matter to Him, and that He has the power to help me recover.

*"The Spirit that God gives us ... fills us with power, love, and self-control."
2 Tim. 1:7 (GN)*