

CHANGES in Christ, Exercise 2: Our God is a God of Hope.

By Faith, Humbly Hear the Holy Spirit Speak God's Word to You

Reading 1: Show me your ways, O LORD, teach me your paths; guide me in your truth and teach me, for you are God my Savior, and my **hope** is in you all day long. [Ps 25:4-5] Blessed is the person whose help is God, whose **hope** is in the LORD their God, the Maker of heaven and earth, the sea, and everything in them—the LORD, who remains faithful forever. [Ps 146:5] I watch in **hope** for the LORD. I wait for God my Savior; my God will hear me. [Mic 7:7]

Exercise 1: Write about a time when God gave you hope. First, describe the “Pit”, the dark, energy depleting situation you were in. Then describe where you felt your hopeless thinking in your body. Then write down God's word to you that caused you to hope again. Then, describe where you felt this **hope** in your body and what it felt like.

The Pit/Fear/Concern: _____

Physiological effects from believing there is no hope: _____

God's word to you: _____

Physiological effects from believing God's word of hope to you: _____

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Reading 2: Why are you downcast, O my soul? Why so disturbed within me? Put your **hope** in God, for I will yet praise God, my Savior and my God. [PS 42:5-6] Find rest, O my soul, in God alone; my **hope** comes from God. God alone is my rock and my salvation; God is my fortress, I will not be shaken. My salvation and my honor depend on God; God is my mighty rock, my refuge. Trust in God at all times, O people; pour out your hearts to God, for God is our refuge. [Ps 62:5] May the God of **hope** fill you with all joy and peace as you trust in God, so that you may overflow with **hope** by the power of the Holy Spirit. [Ro 15:13]

The Pit/Fear/Concern: _____

Physiological effects from believing there is no hope: _____

God's word to you: _____

Physiological effects from believing God's word of hope to you: _____