

## ***Ways we can choose Hope***

(part one)

Hope is a noun and a verb. It is what we have, and it is what we do. We who know the Lord already *have* hope, but we must also *choose* hope. Here are some ways we can choose hope.

### **1. Anchor Your Hope in God Alone** Jeremiah 17:5-8

Trials have a way of exposing misplaced hope—in people, circumstances, or expectations. Many times, the Lord has had to redirect my hope so that I enjoy His gifts but anchor my hope in Him alone.

### **2. Praise God** Psalm 71:14

Hope and praise are connected. Hope gives us reason to praise, and praise strengthens our hope.

### **3. Remember Who God Is** Lamentations 3:21-26

Jeremiah found hope by “calling to mind” the faithfulness of God. It’s a conscious choice we must make. And it’s a choice that can only renew our hope.

### **4. Cry out to God** Psalm 34:17-18, Romans 8:15

Our weakness attracts God’s attention. Are you overwhelmed? Cry out to your Father, and cry out to Him in faith.

### **5. Talk to Yourself Rather Than Listening to Yourself** Psalm 42:5, 11; 43:5

This point should have fifteen asterisks by it, for this is one of the strongest messages of Psalms 42–43. Three times in sixteen verses, the psalmist counseled his heart, “Hope thou in God.” Sometimes we have to turn from the disheartening words we speak to ourselves and say, “Self, hope in God. You are going to praise Him!”

### **6. Spend Time in God’s Word** Psalm 119:49

If #5 should have had fifteen asterisks, this point should have eighty-five. Scripture is our source of hope. No wonder we walk for days in darkness if we are not looking in its pages. When I find myself in an overwhelming season, I have found carving out extra time to spend in God’s Word is immeasurably beneficial. It realigns my perspective and reassures my heart in the promises of my God.

