

# Hope in Christ

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*“No one whose hope is in you will ever be put to shame” (Psalms 25:3)*

When things go wrong in your life, what is your first thought? As you face troubled times, what do you believe?

What we dwell on and believe makes a difference in whether we live in defeat or victory. In this lesson, we’re going to overcome the lies that try to trap us into wrong and harmful attitudes that drag us down and fill us with self-pity and despair.

*“When we do not understand or recognize who we are in Christ, we can be swallowed alive by feelings of unworthiness. If we do not recognize the power and authority given to us in Christ, we walk with a lack of faith and a lack of power. If we are to be victorious, then we need to be rooted in who we are “in Christ.”*

Where does our hope come from?

Psalms 62:5; 65:5

What happens when we put our hope in God and in His Holy Name?

Psalms 52:8-9 (NIV); Isaiah 40:31(NIV); 61:1-4, 7

When we put our hope and trust in God, our strength is renewed. He helps us to flourish, even in times of trouble and hardship. He restores our souls and rebuilds what was destroyed. He exchanges all of our pain and disgrace for gladness and beauty—giving us a double portion of what was lost.

When life is hard and you're feeling overwhelmed and depressed, where do you run?

**Exercise:** Begin to watch for whom or what you cling to as your hope and support when you are feeling overwhelmed or depressed. Keep a running journal on everything you place your hope in during the day.

**Read** Psalm 18, what should we put our hope in?

*“When we trust who we are in Christ and allow that revelation to go down deep into our souls, we can stand firm against the enemy’s schemes. We’re not blown by every wind of teaching. We’re strong in our faith and unmoved by our circumstances.”*

Christ alone is our Strength, our Rock and our Refuge throughout life. He is our Savior and constant help in times of trouble. He is the only one who can deliver us from the emotional pit of hopelessness. He is the LORD God Almighty, the only Truth who can break through the lies that try to destroy us. He will be faithful and will save us when we ask for His help. He is a mighty warrior who strengthens us when we are weak and enables us to go the distance—far beyond anything we are capable of doing on our own. He gives us victory and trains us to be overcomers. He avenges us from those who try to harm us and saves us from the traps that are set for us by the enemy of our souls, Satan, who tries to bring discouragement, doubt and fear.

Knowing who we are in Christ will fill us with hope.

What spiritual blessings and promises are we given “in Christ”?

Ephesians 1:3-14

Knowing who we are “in Christ” is absolutely vital for our success in living a life of victory. Therefore, on Him we have set our hope (2 Corinthians 1:10) because Christ in us is our hope of glory (Colossians 1:27).

Knowing who you are “in Christ” and what you have been given “through Christ” brings hope. How do the following verses offer you the hope you have in Christ?

Romans 8:17:

Romans 8:37:

2 Corinthians 5:17:

Ephesians 1:4:

Ephesians 2:4 -5:

Philippians 4:7:

Philippians 4:13:

Philippians 4:19:

I Peter 2:9:

1 John 4:4:

*“When we are rooted in Christ, immersed in Him, anchored in Him, holding steadfast to the truth we profess, and the authority given to us in Christ—we have power and victory over everything that comes against us. Whether it is trials and troubles, illness, hardship, or loss, whatever comes against us—we are not destroyed.”*

In Christ you are set free (John 8:36; Galatians 5:1), and an overcomer by the blood of the Lamb and the word of your testimony (Revelation 12:11). In Christ you are free from condemnation and the law of sin and death (Romans 8:1-2). You are hidden with Christ (Colossians 3:3), holy and blameless in His sight (Ephesians 1:4; 1 Peter 1:16). You have been delivered from the power of darkness and transformed into God's kingdom of light (Colossians 1:12-13). You are born of God; the evil one cannot harm you (1 John 5:18). You have direct access to the throne of grace through Jesus Christ (Hebrews 4:14-16). God will be faithful to complete the good work He has begun in you (Philippians 1:6).

Dear One, the next time you find yourself feeling helpless and hopeless, remind yourself of who you are in Christ. Say to yourself: "In Christ, I am accepted. I am God's child (John 1:12), I am justified (Romans 5:1) and one with the Lord in spirit (1 Corinthians 6:17). In Christ, I am secure. I am free from condemnation (Romans 8:1-2), and free from any charges against me (Romans 8:31-34). In Christ, I am established, anointed, and sealed by God (2 Corinthians 1:21-22). I am a citizen of heaven (Philippians 3:20), so I can find grace and mercy in my time of need (Hebrews 4:16). In Christ, I am significant. I am salt and light (Matthew 5:13-14). I am a branch of the true vine (John 15:1, 5). I am chosen and appointed to bear fruit (John 15:16), God's masterpiece created in Christ Jesus to do good works (Ephesians 2:10). I am seated with Christ in the heavenly realm (Ephesians 2:6), and may approach God with freedom and in confidence" (Ephesians 3:12).

No matter how many promises God has made, they are "YES" in Christ. In Christ you are given strength, power, grace, endurance, mercy and forgiveness. In Christ you are made right with God; no matter who you are or what you've done. In Christ, the old nature is gone and the new has come. In Christ you are made righteous, holy, and blameless; you have nothing to fear and nothing to hide. In Christ you have the power to overcome the forces of darkness and can have victory each and every day. In Christ, you have the power to hope.