

## THE HOPE YOU NEED FOR CHANGE

Life's Healing Choices – Rick Warren  
Part 1

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

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

### WHERE TO GET HOPE WHEN CHANGE SEEMS HOPELESS

#### 1. REMEMBER GOD \_\_\_\_\_

*"Those who forget God have no hope." Job 8:11 (TLB)*

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

#### 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." Lamentations 3:21-23 (NCV)*

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

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

#### 3. REMEMBER HE KNOWS \_\_\_\_\_

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

*"You have seen the crisis in my soul." Psalm 31:7 (TLB)*

#### 4. REMEMBER HE HAS \_\_\_\_\_

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

*"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."*

Romans 4:18 (The Message)

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

#### 5. REMEMBER HE'S PROMISED \_\_\_\_\_

*"I expect your help, for you have promised it." Psalm 119:81 (TLB)*

*"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." Hebrews 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 Timothy 1:7 (GNT)

### Next Steps

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