



# — LESSON ONE ——

Where to Find the Hope You Need

"May God, the source of hope, fill you with joy and peace through your faith in Him. Then you'll overflow with hope..." Romans 15:13 (GWT)

> "In Your name I will hope, for Your name is good." Psalm 52:9

# JEHOVAH SHAMMAH = "GOD IS ALWAYS THERE!"

### BECAUSE GOD IS ALWAYS WITH ME ...

*1* HIS PRESENCE IS \_\_\_\_\_

"Don't worry, because I am with you. Don't be afraid, because I am your God. I will make you strong and will help you. I will support you..." Isaiah 41:10 (NCV)

"I will guide you along the best pathway for your life. I will advise you and watch over you." Psalm 32:8 (NLT)

"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)

HIS PURPOSE IS \_\_\_\_\_

"We know that God causes all things to work together for good for those who love God and are called according to His purpose." Romans 8:28 (NAS)

"I have good plans for you, not plans to hurt you. I will give you hope and a good future." Jeremiah 29:11 (NCV)

> "God began doing a good work in you and I am sure He will continue it until it is finished when Jesus Christ comes again." *Philippians 1:6 (NCV)*



"Don't be troubled. You trust God, now trust in Me... I am going to prepare a place for you." John 14:1-2 (NLT)

"God has reserved for His children the priceless gift of eternal life; it is kept in heaven for you... And God, in His mighty power, will make sure that you get there safely to receive it because you are trusting Him... So be truly glad! There is wonderful joy ahead, even though the going is rough for a while down here."

1 Peter 1:4-6 (LB)

"He will wipe away all tears from their eyes, and there shall be no more death, nor sorrow, nor crying, nor pain. All of that has gone forever." Revelation 21:4 (LB)

"Listen! I have upheld you since you were conceived and I have taken care of you from your birth. Even when you are old, I will be the same. Even when your hair has turned gray, I will take care of you. I made you and will take care of you. I will carry you and save you. Can you compare Me to anyone? No one is equal to Me or like Me!" Isaiah 46:3-5 (NIV & NCV)

> "In God's great mercy He has caused us to be born again into a living hope, because Jesus Christ rose from the dead." <u>1 Peter 1:3 (NCV)</u>

"Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." Isaiah 40:31 (NIV)

# ----- LESSON TWO ------

How God Heals Your Hidden Wounds

"God heals the brokenhearted and bandages their wounds." Psalm 147:3 (NCV)

# JEHOVAH RAPHA = "I AM THE GOD WHO HEALS"

### STEPS IN GOD'S HEALING PROCESS

1 REVEAL \_\_\_\_\_

"I kept very quiet... but I became even more upset. I became very angry inside, and as I thought about it, my anger burned." Psalm 39:2-3 (NCV)

"When I kept things to myself, I felt weak deep inside me. I moaned all day long." Psalm 32:3 (NCV)

> "You are only hurting yourself with your anger!" Job 18:4 (GN)

2

RELEASE

"Never pay back evil for evil... never avenge yourselves. Leave that to God, for He has said that He will repay those who deserve it." Romans 12:17-19 (LB)

> "When Jesus suffered, He did not threaten to get even; He left His case in the hands of God..." <u>1 Peter 2:23 (LB)</u>

"... A bitter spirit is not only bad in itself but can also poison the lives of many others." Hebrews 12:15 (Ph)



"... Let God transform you into a new person by changing the way you think." Romans 12:2b (NLT)

"...Through what Christ would do for us, God decided to make us holy in His eyes, without a single fault – we stand before Him covered with His love." Ephesians 1:4 (LB)



"Put your heart right, reach out to God... then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more." Job 11:13-16 (GN)

> "Look straight ahead with honest confidence; don't hang your head in shame." Proverbs 4:25 (GN)



REACH OUT

"God comforts us every time we have trouble, so when others have trouble, we can comfort them with the same comfort God gives us" <u>2 Corinthians 1:4 (NCV)</u>

"When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun!" 2 Corinthians 5:17 (LB) ---- LESSON THREE -----How To Live A Joy-Filled Life

"I will go to God – the Source of all my joy." Psalm 3:4 (NLT)

# EL SIMCHATHGALI = "THE GOD OF EXCEEDING JOY"

### KEYS TO J.O.Y.F.U.L. LIVING

### JETTISON\_\_\_\_\_

"One thing I do is to forget what is behind me and do my best to reach what is ahead." *Philippians 3:13b (GN)* 

OMIT\_\_\_\_

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done." Philippians 4:6 (NLT)

YIELD \_\_\_\_\_

"For me to live is Christ..." Phil. 1:21 (NIV)

"My only purpose in life is to please Him." 2 Tim. 1:3 (LB)

"Give yourselves completely to God – every part of you... to be tools in the hand of God, to be used for His good purposes." Rom. 6:13b (LB)

FOCUS \_\_\_\_\_

"Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise." Philippians 4:8 (NLT)

USE \_\_\_\_\_

"Dear brothers and sisters, I love you and long to see you, for you are my joy and the reward for my work." *Philippains 4:1 (NLT)* 

"For to me, living means opportunities for Christ, and dying – well, that's better yet! But if living will give me more opportunities to win people to Christ, then I really don't know which is better, to live or die! Sometimes I want to live, and at other times I don't, for I long to go and be with Christ. How much happier for me than being here! But the fact is that I can be of more help to you by staying!" Philippians 3:21-24 (LB)

LEARN \_\_\_\_\_

"I have learned to be content whatever the circumstances." *Philippians. 4:11 (NIV)* 

"Always be full of joy in the Lord; I say it again, rejoice!"

#### WHY CAN I ALWAYS BE JOYFUL?

"I am going to keep on being glad, for I know that as you pray for me, and as the Holy Spirit helps me, this is all going to turn out for my good." *Philippians 1:19 (LB)* 

"I am sure that God, who began the good work within you, will continue His work until it is finally finished on that day when Christ Jesus comes back again." *Philippians 1:6 (NLT)* 

# THE PATH TO PERSONAL PEACE

— LESSON FOUR ——

"I am leaving you with a gift – peace of mind and heart! And the peace I give isn't fragile like the peace the world gives. So don't be troubled or afraid." John 14:27 (LB)

# JEHOVAH SHALOM = "I AM THE GOD OF PEACE"

### THE PATH TO PERSONAL PEACE



ACCEPT \_

"I have learned to be satisfied with the things I have and with everything that happens. I know how to live when I am poor, and I know how to live when I have plenty. I have learned the secret of being happy at anytime in everything that happens ... I can do all things through Christ, because He gives me strength." Philippians 4: 11-13 (NCV)

#### THE SERENITY PRAYER

"God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference

2 TRUST

"You, Lord, give true peace to those who depend on You because they trust You." Isaiah 26:3 (NCV)

"Trust in the Lord with all your heart, and don't lean on your own understanding; vin all your ways acknowledge Him, and He will direct your paths." Proverbs 3:5-6 (NIV)

"Don't worry about anything; instead pray about everything; tell God your needs and don't forget to thank Him for His answers. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand."

*Philippians* 4:6-7 (*LB*)



"If a person's thinking is controlled by his sinful self, then there is death. But if his thinking is controlled by the Spirit, then there is life and peace." Romans 8:6 (ICB)

"Those who love your teaching will find true peace, and nothing will defeat them." Psalm 119:165 (NCV)

"Since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us." Romans 5:1 (NLT)

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"My God will supply all that you need from His glorious resources in Christ Jesus." Philippians 4:19 (Ph)

> *The Condition:* "According to your faith will it be done to you." *Matthew 9:29 (NIV)*

How We Learn It: "These trials are only to test your faith, to show that it is strong and pure." 1 Peter 1:7 (NLT)

### THE PATH TO PERSONAL PEACE



"I want you to trust Me in your times of trouble, so I can rescue you and you can give Me glory." Psalm 50:15 (LB)

"My people have done two evils: They have turned away from me, the spring of living water. And they've dug their own wells, which are broken wells that cannot hold water." Jeremiah 2:13 (NCV)

"If you are walking in darkness, without a ray of light, trust in the Lord and rely on your God." Isaiah 50:15b (NLT)



"You should stop trusting in people to save you, because people are only human." Isaiah 2:22 (NCV) "Blessed are those who trust in the Lord and have made Him their hope and confidence." Jeremiah 17:7 (NLT)

> "Anyone who trusts in Me will not be disappointed." Isaiah 49:23b (NCV)



"If you make a promise to God, don't be slow to keep it. God is not happy with fools, so give God what you promised." Ecclessiates. 5:4 (LB)

"The wise man will find a time and a way to do what he says." Ecclessiates. 8:5 (LB)



"Your heavenly Father already knows all your needs, and He will give you all you need from day to day if you live for Him and make the Kingdom of God your primary concern." Matthew 6:33 (NLT)

> "This is what God says: 'If you come back to Me and trust Me, you will be saved... and you will be strong." Isaiah 30:15 (NCV)

"God blesses those who patiently endure testing. Afterward they will receive the crown of life that God has promised to those who love Him." James 1:12 (NIV)

# WHEN THE ODDS ARE AGAINST YOU

2 Chronicles 20:1-30

# JEHOVAH NISSI = "I AM THE GOD WHO DEFENDS YOU."

# STEP 1: TURN TO GOD\_\_\_\_\_

"After this, the armies of the Moabites, Ammonites, and the Meunites declared war on Jehoshaphat... He was afraid, so he decided to ask the Lord what to do." 2 Chronicles 20:1,3 (NLT/NCV)

# STEP 2: TALK TO GOD\_

"Then King Jehoshaphat went and stood before them and prayed aloud..." 2 Chronicles 20:5b (GN)

## • REMIND MYSELF\_

"Are You not the God who is in heaven? You rule over all the kingdoms of the nations. Power and might are in Your hand, and no one can withstand You." vs. 6 (NIV)

### REMIND MYSELF

"Didn't You drive out those who lived in this land when Your people arrived?" vs. 7 (NLT)

• ASKGOD

"O God, won't You stop them?" vs. 12 a (NLT)

STEP 3: TELL GOD

"We are powerless against this mighty army that is about to attack us." 2 Chronicles 20:12b (NLT) STEP 4: TRUST GOD

"We do not know what to do, but our eyes are upon You." 2 Chronicles 20:12c (NIV)

#### WHAT GOD SAYS

"This is what the Lord says to you: "Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's!"" 2 Chronicles 20:15 (NIV)

> "You won't need to fight in this battle. Just stand strong in your places, and you will see the Lord save you." 2 Chronicles 20:17 (NCV)

### STEP 5: THANK GOD

"The king appointed singers to walk ahead of the army, singing to the Lord and praising Him... This is what they sang: 'Give thanks to the Lord for His faithful love endures forever!" 2 Chronicles 20:21 (NLT)

"At the moment they began to sing and to praise, the Lord caused the armies of Ammon, Moab, and Mount Seir to begin fighting among themselves, and they destroyed each other!" 2 Chronicles 20:22 (LB)

"When the surrounding kingdoms heard that the Lord Himself had fought against the enemies of Israel, the fear of God came over them. So Jehoshaphat's kingdom was at peace, for God had given him rest on every side." 2 Chronicles 20:29-30 (NLT)

# — LESSON SEVEN — What kind of father is god

"This is how you should pray: Our Father in heaven..." Mathew 6:9 (NIV)

# 1. GOD ISA\_\_\_\_\_

"As a father has compassion on his children, so the Lord has compassion on those who honor Him..." Psalm 104:13 (NIV)

"Cast all your anxiety on Him, because He cares for you!" 1 Peter 5:7 (NIV)

"So don't worry saying, 'What shall we eat? ... or what shall we wear?'... Your heavenly Father knows you need these things." <u>Matthew 6:31-32 (NIV)</u>

II. GOD ISA\_\_\_\_\_

"Every good and perfect gift... is from the Father ... who does not change like shifting shadows." James 1:17 (NIV)

"Even if we are faithless, He remains faithful, for He cannot disown Himself." 2 Timothy 2:13 (NIV)

> "God will never go back on His promises." Romans 11:29 (LB)

> "My God is changeless in His love for me." Psalm 59:10 (LB)

III. GOD ISA\_\_\_\_\_

"God did this so people would ... reach out for Him and find Him, since He is not far from each of us." Acts 17:27 (NIV) • He is never

"The Lord is near to all who call on Him." Psalm 145:18 (NIV)

• *He loves to* 

"If you... know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask Him!" Matthew 7:11 (NIV)

He is sympathetic \_\_\_\_\_\_

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." Psalm 34:18 (NIV)

IV. GOD ISA\_\_\_\_\_

"For nothing is impossible with God." Luke 1:37 (NIV)

"(God) is able to do far more than we would ever dare to ask to even dream of – infinitely beyond our highest prayers, desires, thoughts, or hopes!" Ephesians 3:20 (LB)

"Jesus said, 'I am the way and the truth and the life. No one comes to the Father except through Me. If you really knew Me, you would know My Father as well." John 14:6-7(NIV)

> "We are children of God through faith in Jesus Christ." Galatians 3:26 (LB)