



THE HOPE YOU NEED FOR CHANGE

Life's Healing Choices
Rick Warren

"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 we are but dust." Psalm 103: 13-14 (TLB)

"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 56:8 (GNT)

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

4. REMEMBER HE HAS _____

"What is impossible for people is possible with God." Luke 18:27 (NLT)

"When everything was hopeless, Abraham believed anyway, deciding to live not on the basis of what he saw he couldn't do but on what God said he would do."
Romans 4:18 (MSG)

"For it is God who 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 has given us . . . fills us with power, love, and self-control."
2 Timothy 1:7 (GNT)

Next Steps

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