52 Days of Building the 2nd Wall with the Word and Wisdom

**Our Hope is in the Lord**

Day 23 – June 5, 2013

**Psalm 119:49-50** “Remember the word to Your servant, on which You have made me hope. This is my comfort in my affliction, that Your word has revived me (given me life).”

**HOPE** is a desire of some good, accompanied with at least a slight expectation of obtaining it, or a belief that it is obtainable; to place confidence in; **to trust in with confident expectation of good**. Hope differs from wish and desire in that it implies some expectation of obtaining the good desired, or the possibility of possessing it. **Hope therefore always gives pleasure or joy**; whereas wish and desire may produce or be accompanied with pain and anxiety.

There were two people in the Old Testament who spent a period of their lives without hope. They started their lives with hope in the Lord, and then they were severely tested. For a moment they sunk into hopelessness and despair. They found themselves hating their lives and questioning God.

The first was **Naomi**. Her husband moved his family away from her family to a foreign land. While there, her husband and then her two sons died. She was now a childless widow in a foreign land. She sunk into depression and even changed her name to Mara, meaning bitter, because she considered her life to be hopeless and bitter.

**Ruth 1:20-21** “She said to them, ’Do not call me Naomi; call me Mara, for **the Almighty has dealt very bitterly with me**. I went out full, but **the LORD has brought me back empty**. Why do you call me Naomi, since the LORD has witnessed against me and the Almighty has afflicted me?’”

The second was **Job**. He was a righteous man whom God had abundantly blessed. God allowed him to go through very severe trials to test his faith. He started out strong and then he lost hope for a while. **Please read Job 19:6-21**

**Job 19:10b** “He has uprooted my hope like a tree.”

When we go through trials in our life, we sometimes lose our hope in God. It is easy to trust Him when things are going well, but when the trial is extremely hard, we often stumble. It is comforting to read God’s Word about the hard times His people have gone through. We tend to pretend we are perfect Christians who always have our hope fixed on the Lord. But that is not always the case. Life is hard and then the testings of our faith are harder still.

**What should we do when we see a dark cloud of despair and hopelessness heading our way?** Let’s seek wisdom in the Word.

**Romans 12:12** “rejoicing in hope, persevering in tribulation, devoted to prayer”

The answer to this question is **PRAISE, PERSEVERANCE and PRAYER.**

**PRAISE:**

**Psalm 43:4-5** “Then I will go to the altar of God, to God my exceeding joy; and upon the lyre I shall praise You, O God, my God. Why are you in despair, O my soul? And why are you disturbed within me? **Hope in God, for I shall again praise Him**, the help of my countenance and my God.”

**Please read Psalm 71.** David is asking the Lord to help him over and over in this psalm. He has been through so much that people marvel at his joy and peace. It is all because he knows His God and he worships Him at all times.

**Psalm 71: 7-8** “I have become a marvel to many, for You are my strong refuge. My mouth is filled with Your praise and with Your glory all day long.”

**Please read Psalm 146.** It starts out and ends with **Praise the Lord!** In between these praises we see hard times, but in **verse 5** we see the reason for the praise, “Our hope is in the Lord!”

It should be no surprise that we looked at three scriptures from Psalms for this section. David was a worshipper and he knew the **power of lifting depression with worship to Almighty God.** His first job in the palace of King Saul was to play his lyre to break the depression that would overtake the king. The next time you even begin to feel without hope, stop what you are doing and worship the Lord!

**PERSEVERANCE:**

**Please read Lamentations 3:1-18.** This is a very good description of the emotions we all go through when we are without hope.

**Lamentations 3:17-18** “My soul has been rejected from peace; I have forgotten happiness. So I say, my strength has perished, and so has my hope from the LORD."

But then the light begins to dawn. **Please read Lamentations 3:19- 26.** He cries out to the Lord, and remembers who God is. He is good and He is righteous. Humility and repentance comes; and them HOPE. He remembers the lovingkindnesses of the Lord never ceases. God is faithful, therefore he has hope.

**Lamentations 3: 25-26** “The LORD is good to those who wait for Him, to the person who seeks Him. It is good that he waits silently for the salvation of the LORD.”

The Hebrew word for **hope** is ***yachal***. It means to wait patiently with trust.

Don’t we sometimes make more of a mess of our trials when we don’t wait upon the Lord’s perfect timing? Waiting patiently is very difficult, especially when we are hurting. But our trust in the Lord is built this way.

**Romans 5:3-5** “… we also exult in our tribulations, knowing that **tribulation brings about perseverance**; and perseverance, proven character; and proven character, hope; and **hope does not disappoint**, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.”

**Psalm 62:5-8** “**My soul, wait in silence for God only, For my hope is from Him**. He only is my rock and my salvation, My stronghold; I shall not be shaken. On God my salvation and my glory rest; the rock of my strength, my refuge is in God. Trust in Him at all times, O people; pour out your heart before Him; God is a refuge for us.”

Did you notice two of these scriptures mention **waiting silently** for God to deliver them? This is not only a quietness of their mouths that want to complain, but a silence of their souls – their minds and emotions. It is a call to peace in the midst of the storm that only comes from the Lord.

**Romans 15:4** “For whatever was written in earlier times was written for our instruction, so that **through perseverance and the encouragement of the Scriptures we might have hope**.”

**PRAYER:**

**Psalm 31:22-24** “As for me, I said in my alarm, "I am cut off from before Your eyes"; Nevertheless You heard the **voice of my supplications when I cried to You**. O love the LORD, all you His godly ones! The LORD preserves the faithful and fully recompenses the proud doer. **Be strong and let your heart take courage, all you who hope in the LORD**.”

We see David in a trial and his panic is beginning to go into hopelessness; but he stopped it by praying to the only One who could help him.

**1 Timothy 5:5** “Now she who is a widow indeed and who has been left alone, has fixed her hope on God and **continues in entreaties and prayers night and day**.”

This woman was a widow like Naomi, but she had her hope fixed on God as she spent her days and night in prayer to the Lord. He was the focus of her life, not her emptiness as a widow.

**Jeremiah 29:11-14** “'For I know the plans that I have for you,' declares the LORD, 'plans for welfare and not for calamity to give you a future and a hope. 'Then you will **call upon Me and come and pray to Me, and I will listen to you**. 'You will seek Me and find Me when you search for Me with all your heart. 'I will be found by you,' declares the LORD, 'and I will restore your fortunes and will gather you from all the nations and from all the places where I have driven you,' declares the LORD, 'and I will bring you back to the place from where I sent you into exile.'”

Almighty God is the One we must pray to at all times, but especially in our trials. If we do not pray, praise, and persevere; the darkness of hopelessness and depression will overtake us. **Hopelessness comes to destroy us, while hope brings us life**. Please remember, every trial we go through is to purify us to bring us closer to the One who loves us with an everlasting love.

**1John 3:1-3 ”**See how great a love the Father has bestowed on us, that we would be called children of God; and such we are. For this reason the world does not know us, because it did not know Him. Beloved, now we are children of God, and it has not appeared as yet what we will be. We know that when He appears, we will be like Him, because we will see Him just as He is. And **everyone who has this hope fixed on Him purifies himself, just as He is pure.”**

**DIGGING DEEPER:**

**Please read Psalm 119:49-72.**

Continue to work on your **memory verse, Psalm 119:58.**

Please spend some solemn time with the Lord asking him where you are weakest in your times of trials. Do you need strengthening in your prayers, in your praise, or in waiting patiently? He desires to strengthen us in all of these. Call upon Him and He will answer you, because He is a good God and He desires us all to walk in hope!