

# How Can I Hang on to Hope?

Hope is a matter of perspective. Take some time to get God's perspective. As you read each of the following verses ask yourself the following four questions regarding each verse. Fill in your answers below the verse or on a separate page.

*\*What is this revealing to me about God and myself?*

*\*What does God promise me?*

*\*What direction do these verses give about my actions or attitudes?*

*\*What steps of obedience will I choose to take?*

Lamentations 3:18-25 (Read 3:1-18 to see how depressed the prophet was.)

John 14:1-6

Psalm 34:18

1 Thess. 5:16-18

Psalm 37:1-12

Psalm 27:13-14

Psalm 42 (all)

Psalm 62 (all)

Psalm 23 (all)

2 Cor. 1 :3-5

Phil. 1:6

Phil. 4:13; 19

Phil. 4:6-8

Why has my hope become weak?

What truths have I discovered in these verses that I need to believe to regain hope?

What do I hear God commanding me to do?

Take time now to prayerfully commit this matter to God. *1 Peter 5:7* Ask Him for His hope.

*“This I recall to mind, therefore I have **hope**. The Lord’s lovingkindnesses indeed never ceases,  
for His compassions never fail.”  
Lam. 3:21-22*