

# Audacity of Hope Action Guide



***Hope deferred makes the heart sick, but a longing fulfilled is like a tree of life (Proverbs 13:12).***

Hope, is a powerful emotion. When you are filled with hope, you are willing to take on something that may seem impossible. On the other hand, when you believe a situation is hopeless, it becomes virtually impossible to create any movement.

In the early 90's a study was conducted to reveal the power of hope. The study wanted to determine how hope about the future impacted the way a person lived his or her life. From 1992-1996, 795 people aged 64-79 were asked how they felt about the future. The outcome of the survey was that for every one person who was positive about the future, 3 people who were not as hopeful of the future died within that five year period.

If you wanted to live longer it was important to be positive about the future.

[http://dailynews.yahoo.com/h/nm/20010529/hl/hopelessness\\_1.html](http://dailynews.yahoo.com/h/nm/20010529/hl/hopelessness_1.html)

Here is a reality – sometimes what we believe about God and what we actually experience in life can mess with our heart and mind. There are times in our lives when it just feels like the “yogurt hitting the fan” experiences are so incredibly overwhelming that we just can’t help but second guess the goodness and presence of God.

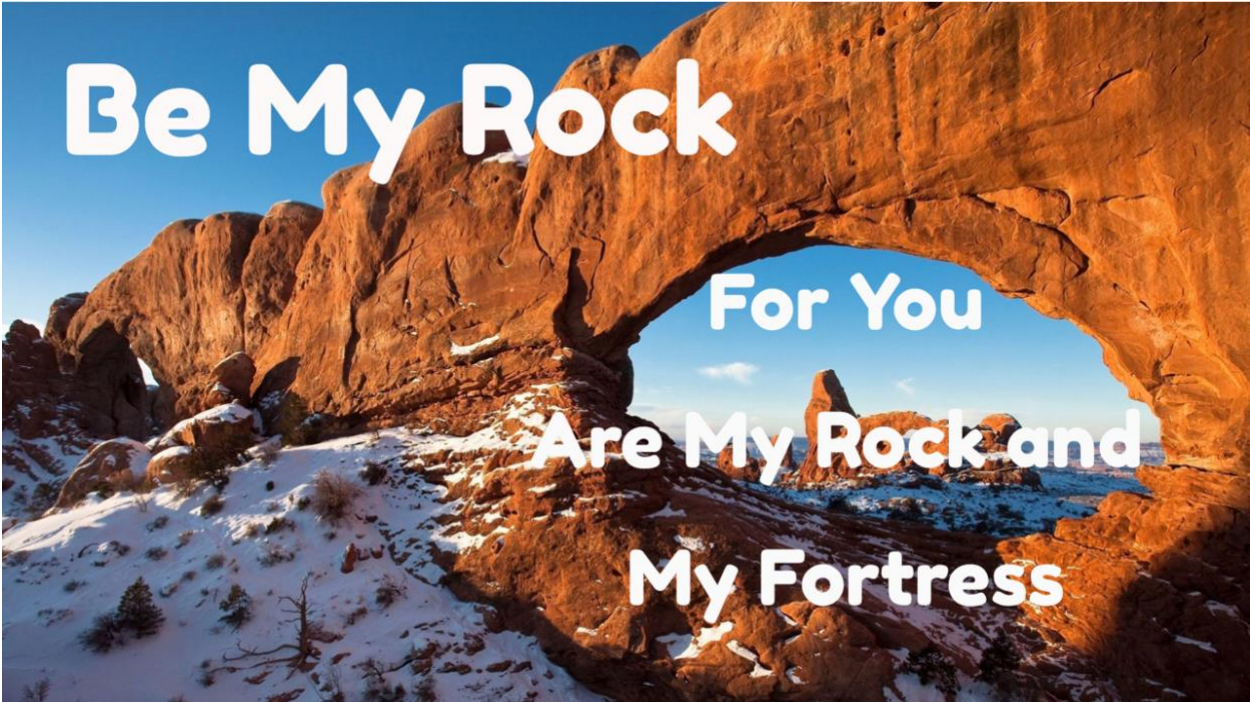
What experiences have caused you to second guess the goodness and presence of God in your life?

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It may feel odd to actually go back and look at the times in your life that you struggled to maintain hope in those difficult experiences, but the hope behind this exercise is for you to see that while you may be disappointed in your response to those times, God remained good and present with you. In other words, God’s goodness and presence with you is not dependent upon your ability to maintain hope through all situations. This is a seed for sustainable hope.



Psalm 71

As we get older it is understandable that we may sometimes waver in our hope because we have had a lifetime of negative experiences. It is possible that even if we have devoted our lives to God, experienced God’s love and protection for a lifetime, that we may struggle to finish the race of faith set before us. But we can and we must finish the race.

David offers us a pathway to sustaining hope as we consider his own struggle to sustain hope as a man who is now many years removed from his days of fighting Goliath. In fact, one may say that at the writing of this Psalm David was now battling with a Goliath much more forceful than the Goliath he faced in his youth.

Turn to your Bible and read Psalm 71. David writes this Psalm in 6 sections. In your own words, write out what you believe is the theme for each section.

**Psalm 71:1-4** \_\_\_\_\_  
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**Psalm 71:5-8** \_\_\_\_\_  
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**Psalm 71: 9-13** \_\_\_\_\_  
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**Psalm 71:14-18** \_\_\_\_\_  
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**Psalm 71:19-21** \_\_\_\_\_  
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**Psalm 71:22-24** \_\_\_\_\_  
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Which section spoke the most to your heart and mind? \_\_\_\_\_

Why? \_\_\_\_\_

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Rewrite the section but now use your own words:

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*For You have been my hope, my source of confidence since my youth (Psalm 71:5)*

List some ways that you believe God has given David hope since his youth?

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What are some ways that God has given you hope since your youth?

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In verses 14-24 David speaks of praise and its power to change a hopeless feeling to a feeling of hope. What are some of your favorite ways to praise God?

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You might recall that Paul told us that we are to “give thanks in all circumstances”

How might you practice giving praise even when you are experiencing situations that invite you to feel hopeless?

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# EXTRA BONUS PROMO 2

## Additional Scriptures for HOPE

- [Psalm 31:24](#)
- [Psalm 42:11](#)
- [Psalm 71:5](#)
- [Romans 15:4, 13](#)
- [Ephesians 1:18](#)
- [Hebrews 6:19](#)
- [Hebrews 10:23](#)
- [1 Peter 1:3-4, 13](#)