

## 13 Practical Ways to Choose Hope

1. Anchor your hope in \_\_\_\_\_.  
*Blessed is the man that trusteth in the LORD, and whose hope the LORD is.—JEREMIAH 17:5-8*  
*Also PROVERBS 11:7; 10:28; JEREMIAH 17:5-8; PSALM 38:15*
2. \_\_\_\_\_ God.  
*But I will hope continually, and will yet praise thee more and more.—PSALM 71:14*
3. \_\_\_\_\_ who God is.  
*This I recall to my mind, therefore have I hope. It is of the LORD's mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness. The LORD is my portion, saith my soul; therefore will I hope in him. The LORD is good unto them that wait for him, to the soul that seeketh him. It is good that a man should both hope and quietly wait for the salvation of the LORD.—LAMENTATIONS 3:21-26*
4. \_\_\_\_\_ to God.  
*The righteous cry, and the LORD heareth, and delivereth them out of all their troubles. The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.—PSALM 34:17-18*
5. \_\_\_\_\_ to yourself rather than \_\_\_\_\_ to yourself.  
*Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance.—PSALM 42:5 (Also PSALM 42:11; 43:5)*
6. Spend time in \_\_\_\_\_.  
*Remember the word unto thy servant, upon which thou hast caused me to hope.—Psalm 119:49*  
*Psalm 119:49, 130*
7. \_\_\_\_\_ God's promises.  
*My soul fainteth for thy salvation: but I hope in thy word.—PSALM 119:81*  
*Thou art my hiding place and my shield: I hope in thy word.—PSALM 119:114*

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*I wait for the LORD, my soul doth wait, and in his word do I hope.—PSALM 130:5*

8. Exercise \_\_\_\_\_.

*Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.—ROMANS 15:13*

Also ROMANS 4:18–21

9. Practice \_\_\_\_\_ discipline.

*Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;—1 PETER 1:13*

10. Recognize you can't see the whole \_\_\_\_\_.

*For we are saved by hope: but hope that is seen is not hope: for what a man seeth, why doth he yet hope for? But if we hope for that we see not, then do we with patience wait for it.*

—ROMANS 8:24–25

11. Be \_\_\_\_\_.

*Rejoicing in hope; patient in tribulation; continuing instant in prayer;—ROMANS 12:12*

Also 1 THESSALONIANS 1:3

12. \_\_\_\_\_ on.

*By faith he forsook Egypt, not fearing the wrath of the king: for he endured, as seeing him who is invisible.—HEBREWS 11:27*

Also PSALM 31:24

13. Share what God has done for you to \_\_\_\_\_ the hope of others.

*That the generation to come might know them, even the children which should be born; who should arise and declare them to their children: That they might set their hope in God, and not forget the works of God, but keep his commandments:—PSALM 78:6–7*

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