

Hope **Bob Somerville**

You Are Able To Give Genuine Reasons For Real Hope To Your Counselees Because:

1. You Have A Confident Hope Of Eternal Life. Colossians 1:28

- Christ lives in you. Gal 2:20-21
- Christ will give you life. Rom 8:8-11
- Christ has redeemed you for eternity. Eph 1:13-14
- Christ gives you a living hope through His resurrection. 1 Peter 1:3-5

2. You Are Freed From The Penalty Of Sin. Romans 5:1, 2, 8, 9; 8:1

- You are justified by faith.
- You have peace with God.
- You have Christ as your sacrifice.
- You are saved from the wrath of God.
- You will not be condemned.

3. You Are Free From The Power Of Sin. Romans 6:5-7

- You have died with Christ; therefore you are free from the power of sin.
- You were dead in your sins but you are now alive in Christ to do good works. Ephesians 2:1-10
- When you call the problem sin you actually are giving hope! Christ died for sinners. Romans 5:8
- “Such were some of you.” 1 Corinthians 6:9-11

4. You Have All The Promises Of God In Christ.

God Promises You That:

- He Will Work All Things Together For Good. Rom 8:28-29
 - All things means 'All Things!'
 - Joseph understood this promise. Gen 50:19-21

- He Will Provide The Way Of Victory In Every Temptation Or Trial That You Face. 1 Corinthians 10:13-14
 - The word temptation can be translated trial or temptation, a test of your faith that comes in either form.
 - You have hope because your problems are common problems.
 - You have hope because God is faithful.
 - You have hope because God always provides the way of escape so that you can endure.
 - You must flee from any form of idolatry.
- He Will Never Leave Us Or Forsake Us. Heb 13:5
- He Will Always Be Our Helper. Hebrews 13:6
- He Will Forgive Our Sin. 1 John 1:9
- He Will Not Call Our Sins To His Mind Against Us. Hebrews 10:17
- He Will Guide Us. Proverbs 3:5-6 See also Proverbs 16:1, 3, 9, 20, 33
- He Will Complete His Work In Us. Philippians 1:6
- He Will Hear Our Prayers. John 16:24, Ps 34:15
- He Will Discipline Us. Pr 3:11,12; Heb 12:5-8
- He Will Strengthen Us. Philippians 4:13; 2 Chronicles 16:9
- He Will Not Withhold Any Good Thing From Us. Psalm 34:10; Romans 8:31-32
- He Will Keep Us From Harm. Psalm 121:7-8
- He Will Provide What We Need. Philippians 4:19
- He Will Use Trials To Strengthen Us. James 1:2-4
- He Will Welcome Us Into Glory. 1 Thess 4:15-18
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5. Your High Priest Is There To Help In Every Need. Hebrews 4:15-16

- Jesus Christ Faced Every Temptation And He Was Victorious. See also Matthew 4:1-11
- Draw Near Because He Understands.
- Draw Near In Confidence Because:
 - He Never Yielded.
 - His Throne Is A Throne Of Grace.
 - He Gives Mercy And Grace In Time Of Need.

6. Your High Priest Has The Authority (Power) To Help.

- Jesus teaches with authority. Mark 1:22
- Jesus sends His disciples out to minister on the basis of His authority. Matt 28:18-20
- Jesus has authority (power) over:
 - Unclean spirits – Mark 1:27; Fever – 1:30; Disease & demons – 1:34; Leprosy – 1:42; Paralysis – 2:12; Men – 2:14 Levi the Tax Collector; Deformity – 3:5; Many Demons – 5:15; Long term illness – 5:29; Death 5:42; Hunger 6:37,44 (He can feed 5,000 men); The elements – 6:49 (Water, He can walk on it – wind and waves, He can control them.); The traditions of men –7:9; Birth defects – 7:32; Blindness – 8:25; The grave 16:6.

7. God's Peace And Joy Are Always Available To You And Are Not Dependent On Your Circumstances

- The World Gives Peace But It Is Not Like Our Lord's Peace. John 14:27
- God's Peace Passes All Understanding. Philippians 4:6-7
- The Way To Have Joy And Peace Is To Abide In His Commandments. John 15:10-11
- Christ Has Overcome The World And Therefore You Have Peace. John 16:33
 - See Paul and Silas in Acts 16
- Love Joy And Peace Are A Fruit Of The Spirit And Are Available To Us Any Time We Are Willing To Yield To The Spirit And Walk In His Power. Galatians 5:16, 22-23

8. It Is Not Your Responsibility To Change Others But It Is Your Responsibility To Be Faithful And Live To The Glory Of God.

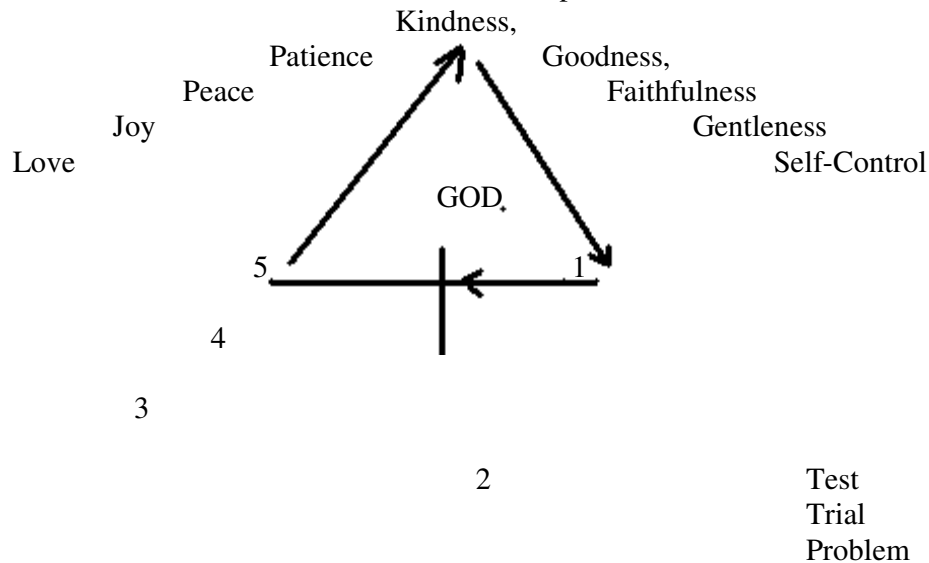
- You Cannot Change Others. Ezekiel 18:1-19
- You Are Not Responsible For Their Actions. Ezekiel 18:1-19

- God Visits The Effects Of Sin On Following Generations. Exodus 34:7
- Your Job Is To Live For The Glory Of God. 1Corinthians 10:31 Whether, then, you eat or drink or whatever you do, do all to the glory of God.

9. Your Trials And Tests Are Designed For Your Good And Growth. Romans 8:28; Genesis 50:20; James 1:2-4

10. A Plan That Gives Hope In Every Trail Or Test. Credit to Bill Gothard for this outline.

- 1) Recognize That God Is Sovereignly Working All Things Together For God. Romans 8:28
- 2) Refuse To Grumble And Worry. Philippians 2:14; 4:6
- 3) Give Thanks For Your Trial Because:
 - God Commands It. 1 Thess 5:18; James 1:2
 - God Is Working It Together For Your Good. Romans 8:28
 - To those who love God. We demonstrate our love by keeping His commandments. John 15:10,11
 - To those who are called. A believer.
 - The purpose is to conform us to the image of Christ. Romans 8:29
 - We are to know Christ in the power of His resurrection and in the fellowship of His suffering. Philippians 3:10
 - God Is Using It For Your Growth. James 1:2-4
 - Giving thanks demonstrates Your Faith In God. Heb 11:6
- 4) Ask God, “Could you be disciplining me for sin?” Hebrews 12:1-11; Proverbs 3:11-12
- 5) Ask God, “What can I learn of the fruit of the Spirit in this situation?” Galatians 5:22-23



Resources

Jay Adams, *Christ and Your Problems*, P&R Pub., 1971.

Jay Adams, *How To Handle Trouble*, P&R Pub., 1982.

Jay Adams, *The Christian Counselors Manual*, Zondervan, 1973, pages 39-48.

Jerry Bridges, *Trusting God When Life Hurts*, NavPress, 1988.

Jerry Bridges, *Is God Really In Control: Trusting God In A World Of Hurt*, NavPress, 2006.

John MacArthur, Wayne Mack, Introduction to Biblical Counseling, Word Pub., pages 189-20.