

HO THE HOPE QUOTIENT

taking happy to a whole new level

Dealing with the Days of Discouragement

April 5, 2015

³ Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, ⁴ and into an inheritance that can never perish, spoil or fade--kept in heaven for you....

1 Peter 1:3-4 (NIV)

DEALING WITH THE DAYS OF DISCOURAGEMENT:

I. WHAT DO I DO ON FRIDAY: THE DAY OF _____?

1. REACH OUT TO _____.

³⁶ Then Jesus went with them to a garden called Gethsemane and told his disciples, "Stay here while I go over there and pray." ³⁷ Taking along Peter and the two sons of Zebedee, he plunged into an agonizing sorrow. ³⁸ Then he said, "This sorrow is crushing my life out. Stay here and keep vigil with me."

Matthew 26:36-38 (MSG)

2. REACH UP IN _____.

³⁵ He went on a little farther and fell face down on the ground. He prayed that, if it were possible, the awful hour awaiting him might pass him by. ³⁶ "Abba, Father," he said, "everything is possible for you. Please take this cup of suffering away from me. Yet I want your will, not mine."

Mark 14:35-36 (NLT)

- AFFIRM GOD'S _____ : "Everything is possible..."
- EXPRESS YOUR _____ : "Please take this..."
- SURRENDER YOUR _____ : "Your will, not mine..."

KEY STEP: PURSUE _____.

II. HOW DO I GET THROUGH SATURDAY: THE DAY OF _____?

³¹ Then Jesus told them, "Before the night's over, you're going to fall to pieces because of what happens to me."

Matthew 26:31 (MSG)

⁵⁶ ...Then all the disciples abandoned him and ran away.

Matthew 26:56 (GW)

KEY STEP: FILL UP WITH _____.

²⁰ Whatever God has promised gets stamped with the Yes of Jesus.

2 Corinthians 1:20 (MSG)

² When you go through deep waters and great trouble, I will be with you. When you go through rivers of difficulty, you will not drown! When you walk through the fire of oppression, you will not be burned up; the flames will not consume you. ³ For I am the LORD, your God, the Holy One of Israel, your Savior.

Isaiah 43:2-3 (NLT)

III. HOW DO I MAKE IT TO SUNDAY: THE DAY OF _____?

²⁵ "I am the resurrection and the life. Those who believe in me, even though they die like everyone else, will live again. ²⁶ They are given eternal life for believing in me and will never perish."

John 11:25-26 (NLT)

KEY STEP: RELY ON _____.

⁹ For if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.

Romans 10:9 (NLT)

HQ THE HOPE QUOTIENT

taking happy to a whole new level

Dealing with the Days of Discouragement

April 5, 2015

³ Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, ⁴ and into an inheritance that can never perish, spoil or fade--kept in heaven for you....

1 Peter 1:3-4 (NIV)

DEALING WITH THE DAYS OF DISCOURAGEMENT:

I. WHAT DO I DO ON FRIDAY: THE DAY OF PAIN?

1. REACH OUT TO FRIENDS.

³⁶ Then Jesus went with them to a garden called Gethsemane and told his disciples, "Stay here while I go over there and pray." ³⁷ Taking along Peter and the two sons of Zebedee, he plunged into an agonizing sorrow. ³⁸ Then he said, "This sorrow is crushing my life out. Stay here and keep vigil with me."

Matthew 26:36-38 (MSG)

3. REACH UP IN PRAYER.

³⁹ He went on a little farther and fell face down on the ground. He prayed that, if it were possible, the awful hour awaiting him might pass him by. ³⁶ "Abba, Father," he said, "everything is possible for you. Please take this cup of suffering away from me. Yet I want your will, not mine."

Mark 14:35-36 (NLT)

- **AFFIRM GOD'S POWER:** "Everything is possible..."
- **EXPRESS YOUR DESIRE:** "Please take this..."
- **SURRENDER YOUR WILL:** "Your will, not mine..."

KEY STEP: PURSUE GOD'S PRESENCE.

II. HOW DO I GET THROUGH SATURDAY: THE DAY OF CONFUSION?

³¹ Then Jesus told them, "Before the night's over, you're going to fall to pieces because of what happens to me."

Matthew 26:31 (MSG)

⁵⁶ ...Then all the disciples abandoned him and ran away.

Matthew 26:56 (GW)

KEY STEP: FILL UP WITH GOD'S PROMISES.

² Whatever God has promised gets stamped with the Yes of Jesus.

2 Corinthians 1:20 (MSG)

² When you go through deep waters and great trouble, I will be with you. When you go through rivers of difficulty, you will not drown! When you walk through the fire of oppression, you will not be burned up; the flames will not consume you. ³ For I am the LORD, your God, the Holy One of Israel, your Savior.

Isaiah 43:2-3 (NLT)

III. HOW DO I MAKE IT TO SUNDAY: THE DAY OF HOPE?

²⁵ "I am the resurrection and the life. Those who believe in me, even though they die like everyone else, will live again. ²⁶ They are given eternal life for believing in me and will never perish."

John 11:25-26 (NLT)

KEY STEP: RELY ON GOD'S POWER.

⁹ For if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.

Romans 10:9 (NLT)