

Play Great Defense

THE HOPE QUOTIENT

Hebrews 11:1 Now faith is confidence in what we hope for...

Ephesians 6:10-11 A final word: Be strong in the Lord and in his mighty power. 11 Put on all of God's armor so that you will be able to stand firm against all strategies of the devil.

Ephesians 6:16 In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil.

Hebrews 12:1 Therefore, since we are surrounded by such a great cloud of witnesses, let us

Remove what _____ you

Arrows of the Past

Remove _____

Resentment Poisons _____

Job 5:2 Surely resentment destroys the fool, and jealousy kills the simple.

Resentment Poisons _____

Hebrews 12:15 Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

Remove _____

Hebrews 3:6 But Christ is faithful as the Son over God's house. And we are his house, if indeed we hold firmly to our confidence and the hope in which we glory.

Hebrews 4:16 Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Hebrews 10:19 Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus,

Hebrews 10:35 So do not throw away your confidence; it will be richly rewarded.

Hebrews 13:6 So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"

Remove _____

Philippians 3:13 ...Forgetting what is behind and straining toward what is ahead...

Arrows of the Present

Remove Unhealthy _____

1 Corinthians 15:33 Do not be misled: "Bad company corrupts good character."

Remove _____

1 Peter 5:5-6 ... "God opposes the proud but gives grace to the humble." So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor.

1 Peter 5:7 Give all your worries and cares to God, for he cares about you.

Remove _____

Acts 28:1-5 Once we were safe on shore, we learned that we were on the island of Malta. 2 The people of the island were very kind to us. It was cold and rainy, so they built a fire on the shore to welcome us. 3 As Paul gathered an armful of sticks and was laying them on the fire, a poisonous snake, driven out by the heat, bit him on the hand. 4 The people of the island saw it hanging from his hand and said to each other, "A murderer, no doubt! Though he escaped the sea, justice will not permit him to live." 5 But Paul shook off the snake into the fire and was unharmed.

HOPEFUL PEOPLE NEVER MAKE _____ WHEN THEY'RE _____.

HOPEFUL PEOPLE RESPOND TO _____ NEWS IN _____ WAYS.

HOPEFUL PEOPLE _____.

Acts 27:23-24 For last night an angel of the God to whom I belong and whom I serve stood beside me, 24 and he said, 'Don't be afraid, Paul, for you will surely stand trial before Caesar! What's more, God in his goodness has granted safety to everyone sailing with you.'

RESENTMENT — I can't forgive...	"I can do all things through Christ who gives me strength." Philippians 4:13
FEAR — I'm filled with insecurity...	"God hasn't given me a spirit of fear but of power, love and a sound mind." 2 Timothy 1:7
ANXIETY — I just can't relax...	"Cast all your cares on Christ because He cares for you." 1 Peter 5:7 "Do not be anxious about anything..." Philippians 4:6
DISCOURAGEMENT — I'm ready to give up...	"I can recall to my mind, and have hope; because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness." Lamentations 3:21-23 "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." Galatians 6:9
ISOLATION — I am all alone	"The Lord will never leave you nor forsake you." Hebrews 13:5
GUILT — I am filled with shame...	"There is no condemnation for those who are in Christ Jesus." Romans 8:1
FAILURE — I can't picture future success...	"In all these things we are more than conquerors through Him who loved us." Romans 8:37
STRESS — I am overwhelmed by life's pressures	"In this world you will have tribulation, but take courage, I have overcome the world." John 16:33
WEARY — I am weak and exhausted	"The Lord is the strength of my life." Psalm 27:1
OPPOSITION — I am under attack from the enemy	"Greater is He that is in me than he that is in the world." 1 John 4:4
CONFUSION — I lack wisdom and don't know what to do	"God generously gives wisdom to those who ask Him for it." James 1:5
LACK OF FAITH — I lack financial resources	"My God shall supply all your needs accordingly to his glorious riches in Christ Jesus." Philippians 4:19