

# “When Times Are Tough” Don’t Lose Hope

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## Sermon Notes

December 4, 2011

Hope defined: to long for with expectation of **fulfillment**.

I. Biblical characters who experienced hopelessness and their circumstances.

A. Naomi: personal **loss** ( Ruth 1:11-13).

B. Elijah: perceived lack of **effectiveness** of our best efforts.

C. Moses: due to the enormity of a **task** (Num. 11:10-15).

D. Job: no **relief** in sight ( Job 7:13-16).

E. Jonah: feeling that life (God?) is **unfair/unjust** (Jonah 4:3).

F. Jeremiah: feeling you are a **big disappointment** to others.

II. What are some good strategies for combating hopelessness?

A. Naomi: focus on what you have **left**.

B. Moses: Remember just how **powerful** God is.

C. Elijah: Stay in **balance** (spiritually, physically, emotionally).

D. Job: It will **pass**.

E. Jonah: **Mercy** for all...not just me.

F. Jeremiah: Ultimately the only One whose opinion of us matters is **God**.

Ours is not a “**hope so**” hope;  
rather it is a “**confident hope**” in Christ.



Dr. Larry G. Shelton • • • • • Contemporary Service

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