

NORTH HILLS NOTES

GETTING HEALTHY AGAIN: THE HOPE YOU NEED FOR CHANGE

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"God blesses those people who grieve. They will find comfort!"
Matthew 5:4 (CEV)

WHERE TO GET HOPE WHEN CHANGE SEEMS HOPELESS

1. REMEMBER GOD **IS WITH ME**
"Those who forget God have no hope." Job 8:11a (LB)

"Lord, when doubts fill my mind, when my heart is in turmoil, quiet me and give me renewed hope and cheer." Psalms 94:19 (LB)

2. REMEMBER HE CARES **ABOUT ME**
"I have hope when I think of this: The Lord's love never ends; His mercies never stop. They are new every morning." Lamentations 3:21-23 (NCV)

"He is like a father to us, tender and sympathetic ...for He knows what we are made of – dust." Psalms 103:13-14 (LB/GN)

3. REMEMBER HE KNOWS **MY SITUATION**
"You know how troubled I am; You have kept a record of my tears." Psalms 56:6 (GN)

"... You have seen the crisis in my soul." Psalms 31:7 (LB)

4. REMEMBER HE HAS **POWER I DON'T HAVE**
"What is impossible for men is possible with God." Luke 18:27 (GN)

"When everything was hopeless, Abraham believed anyway, deciding to live not on the basis of what he couldn't do but on what God said He would do." Romans 4:18a (Message)

"For God is at work within you, giving you the will and the power to achieve His purpose." Philippians 2:13 (Ph)

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5. REMEMBER HE'S PROMISED **TO HELP**
"I expect Your help, for You have promised it." Psalms 119:81 (LB)

"God cannot lie when He makes a promise, and He cannot lie when He makes an oath. These things encourage us...They give us strength to hold on to the hope we have been given." Hebrews 6:18 (NCV)

STEP 2

Earnestly believe that God exists; that I matter to Him, and that He has the power to help me recover.

"The Spirit that God gives us ... fills us with power, love, and self-control." 2 Timothy 1:7 (GN)