



Renewed Hope August 13 & 14, 2022

1 Corinthians 10:13 (TPT)

We all experience times of testing, which is normal for every human being. But God will be faithful to you. He will screen and filter the severity, nature, and timing of every test or trial you face so that you can bear it. And each test is an opportunity to trust him more, for along with every trial God has provided for you a way of escape that will bring you out of it victoriously.

The goal of this series:

- Help you find hope in the midst of pain.
- Help you experience more meaningful community.
- Help you center your identity and values in Jesus.
- Help you gain new tools and resources for wellness.
- Help you share the hope you gained with those around you.

Elijah - God's man who sunk into hopelessness after his greatest victory.

1 Kings 19:1-3 (NLT)

When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. So Jezebel sent this message to Elijah: "May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them." Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there.

What caused Elijah's hopelessness?

- Fear of death

1 Kings 19:3a (NLT)

Elijah was afraid and fled for his life.

- Loneliness

1 Kings 19:4a (NLT)

Then he went on alone into the wilderness...

• Exhaustion

1 Kings 19:4b-5 (NLT)

...traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. "Take my life, for I am no better than my ancestors who have already died." Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!"

• Self-Pity

1 Kings 19:10 (NLT)

Elijah replied, "I have zealously served the LORD God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too."

God's response – Remember I am with you always.

1 Kings 19:11-12 (NLT)

"Go out and stand before me on the mountain," the LORD told him. And as Elijah stood there, the LORD passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. And after the earthquake there was a fire, but the LORD was not in the fire. And after the fire there was the sound of a gentle whisper.

Renewed hope is only possible for those who:

1

Believe Jesus has truly overcome all hopelessness.

John 3:16 (TPT)

For here is the way God loved the world—he gave his only, unique Son as a gift. So now everyone who believes in him will never perish but experience everlasting life.

John 16:33 (TPT)

And everything I've taught you is so that the peace which is in me will be in you and will give you great confidence as you rest in me. For in this unbelieving world you will experience trouble and sorrows, but you must be courageous, for I have conquered the world!

2

Begin taking steps towards meaningful connection now.

Ecclesiastes 4:9-12 (NLT)

Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Likewise, two people lying close together can keep each other warm. But how can one be warm alone? A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.

How to prepare to share your story:

- **Write** out your story.
- Be **transparent** without sharing more than you're comfortable sharing.
- **Focus** more on your experiences than every single detail of your journey.
- Once it's written, **practice** reading it out loud to be comfortable with your words.
- Keep the story to **10 minutes** or less.
- Feel free to **read** it rather than stress over memorizing it.

3

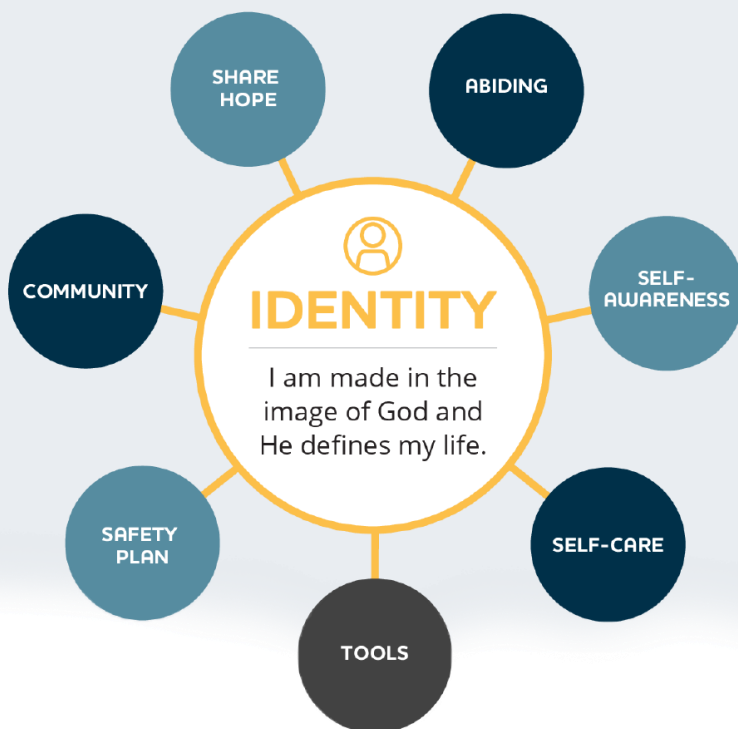
Build hopefulness little by little without setting myself up for disappointment.

2 Kings 2:11 (NLT)

As they were walking along and talking, suddenly a chariot of fire appeared, drawn by horses of fire. It drove between the two men, separating them, and Elijah was carried by a whirlwind into heaven.

Anchors of Wellness

MYQUIETCAVE.ORG



ABIDING

Abiding connects me to Jesus and His purpose for my life.

SELF-AWARENESS

Accept the reality of my situation and I understand that my struggles and level of health do not define me.

SELF-CARE

I humbly prioritize my needs. I am worth the time and energy it takes to care for my soul, mind, & body to be well.

TOOLS

I was not created to be helpless. I am responsible for my actions and can utilize tools and professional support to live an abundant life.

SAFETY PLAN

I am valued, loved, and needed. I choose life, advocate for my needs, and will keep myself safe by following my Safety Plan when I am not well.

COMMUNITY

I was created for community and I thrive when I am in healthy relationships with others.

SHARE HOPE

I share my story with others to decrease stigma, proclaim freedom, encourage perseverance, and focus on hope, which anchors our souls.

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- Help you _____ more meaningful community.
- Help you _____ your identity and values in Jesus.
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