THEME VERSES~~PSALM 61:1-4

- Hear my cry, O God;
- Attend to my prayer.
- From the end of the earth I will cry to you,
- When my heart is overwhelmed;
- Lead me to the rock that is higher than I.
- For you have been a shelter for me,
- A strong tower from the enemy.
- I will abide in Your tabernacle forever,
- I will trust in the shelter of your wings.

THEME QUOTE

By Dr. Martin Lloyd-Jones

"Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself?"

NAME & TOPIC LESSON #1~GOALS

- To understand the significance of Biblical names.
- To gain a sense of the inner privilege and comfort it is to have a God who is the awesome Lord of Hosts—who also cares for individual (and sinful) people.
- To have an ever greater desire to hope in and cry out to God.
- To understand Hope from a Biblical perspective.
- To see the paradox: Hope is a gift given by God, yet man responsibilities in this area.
- To identify the responsibilities regarding hope that each believer has.

GOD OF JACOB; LORD OF HOSTS

- God: (plural)
- creator, redeemer, I Am
- Jacob/Israel:
- supplanter/
- wrestles with God
- **Jehovah:** (verb)
- YHWH.The Lord
- Sabbaoth:
- hosts (everything)

HOPE

- Confident expectation of what God has promised.
- Hope's strength is found in trusting His faithfulness.
- Pictured in an: Anchor Helmet Fruitful Tree

When the Soul is in Distress

Remember

- The Scriptures give hope.
- Old Testament examples give hope.
- God's past faithfulness
- Gods works/wonders/deeds/ strengths/redemption
- God's attributes
- God's thoughts
- God is your: Rock, Shelter, Strong Tower
- God: will not leave you, keeps you, is near, fills heaven and earth, is with us always
- Hope is in God.

Respond

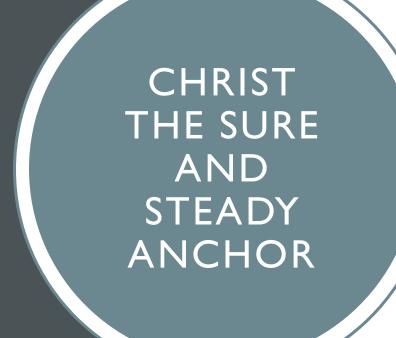
- Study God's Word!
- Question self
- Reason with Self
- Express hope in God
- Tell self what to think/expect
- With Worship: obedience, praise, trust, Prayer!!
- Ask God for help
- Get help from the strong
- Study the OT
- Pursue Christ

Refuse

- To doubt without remembering
- To be forgetful of God or His Word
- To be passive-actively respond!
- To focus on self.
- To live by sight

CHRIST THE SURE AND STEADY ANCHOR

- Christ the sure and steady Anchor
 In the fury of the storm
 When the winds of doubt blow through me
 And my sails have all been torn
 In the suffering, in the sorrow
 When my sinking hopes are few
 I will hold fast to the Anchor
 It shall never be removed
- Christ the sure and steady Anchor
 While the tempest rages on
 When temptation claims the battle
 And it seems the night has won
 Deeper still then goes the Anchor
 Though I justly stand accused
 I will hold fast to the Anchor
 It shall never be removed
 No, it shall never be removed



- Christ the sure and steady Anchor
 Through the floods of unbelief
 Hopeless somehow, O my soul, now
 Lift your eyes to Calvary
 This my ballast of assurance
 See His love forever proved
 I will hold fast to the Anchor
 It shall never be removed
- Christ the sure and steady Anchor
 As we face the wave of death
 When these trials give way to glory
 As we draw our final breath
 We will cross that great horizon
 Clouds behind and life secure
 And the calm will be the better
 For the storms that we endure
- Christ the sure of our salvation Ever faithful, ever true
 We will hold fast to the Anchor It shall never be removed

