

# Hope THAT ANCHORS YOUR SOUL



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## SUMMARY

In this Care Group episode, we revisit the message of the year and what the Lord has been speaking to us about hope. You'll discover how biblical hope is not wishful thinking or dependent on how things look right now. It is a confident expectation of good, rooted in Jesus and all that He has already accomplished for you. It's a hope that holds you steady—not because your circumstances have changed, but because He never does.

## KEY POINTS

### 1. The hope you have in Christ is a confident expectation of good that will not disappoint you.

*“Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.”*

*—Romans 5:5*

The world teaches us to be cautious, not to raise our hopes so that we will not be let down again. But Scripture gives us a very different foundation. Bible hope is not wishful thinking or optimism rooted in outcomes. It is the Greek word, *elpis*, which means a confident expectation of good.

This kind of hope is rooted in something far deeper. It is anchored in the love of God that has already been poured into our hearts through Christ. Because His love has already been given, our hope is not uncertain or fragile. It is steady and secure in Him.

Many of us have experienced disappointment, and over time, it can shape how we expect from God. We may find ourselves becoming more guarded, lowering our expectations to avoid being let down again. Yet as we return to Him and behold His love for us, our confidence is restored. Our hope is no longer based on what we see, but on the One who has already given Himself for us.

## 2. Bible hope steadies you in every season because it is anchored in the person of Jesus and not in changing circumstances.

*“This hope we have as an anchor of the soul, both sure and steadfast...”*

—Hebrews 6:19

Our hope begins with where we are standing. In Christ, we are standing in grace, and from that place, we can look ahead with a confident expectation of good.

An anchor does not calm the storm, but it steadies the boat **in the midst** of the storm. In the same way, hope in Jesus steadies you. It holds you in place, even when the winds are strong and circumstances threaten to overwhelm you.

There are seasons when you may grow weary. You have believed and prayed, yet have not seen the breakthrough. In those moments, it can feel easier to hold back than to keep hoping. But our hope is not sustained by our strength. It is sustained by His faithfulness, which never runs out. Jesus remains the same in every season. Because He is steady, your soul can remain steady. As you look to Him, you find that you are held in place even when circumstances shift.

### 3. Hope grows as you stay rooted in God's Word and planted in His house.

*“Such things were written in the Scriptures long ago to teach us. And the Scriptures give us hope and encouragement as we wait patiently for God’s promises to be fulfilled.”*

*—Romans 15:4 NLT*

God has given us His Word so that we would not walk through life without hope. In seasons of waiting, the Lord brings us back to what has been written. And Scripture reminds us that as we return to His Word, our hearts are filled with hope and encouragement as we wait for His promises to be fulfilled.

The story of Joseph in the Bible gives us a picture of this. What seemed like delay and hardship was, in time, revealed to be God working ahead to preserve and provide for his family. Even when His hand was not visible, He was present and at work. In the same way, there may be situations you do not yet understand, but you can trust that the Lord has gone ahead of you.

God also places us in community so that we do not walk through these seasons alone. There are moments when you feel worn out or discouraged, and in those moments, someone else can help bring you back to Jesus. As we gather, open the Word, and speak of His goodness, there is a strengthening that takes place. Hope is renewed as our eyes are lifted to Him again.