



Rick & Sue McCoy

The Power of Hope

Do you have hope for your future? I have heard some people say, I don't want to get my hopes up and risk being disappointed. While hope may be risky, it's worth the risk. We each choose whether we live a hopeless life and are never disappointed or live a hope-filled life with occasional disappointments. In Viktor Frankl's book, *Man's Search for Meaning*, **hope for the future** was the single most important factor in determining whether his fellow prisoners survived the Nazi concentration camps of WWII. After visiting one of the concentration camps in Germany this past spring, I questioned what caused some to live and others not. Frankl stated that each prisoner who lost faith/belief in his future also lost his spiritual hold and became subject to mental and physical decay. Reading Frankl's statements helped me to realize **HOPE** is the key to a joyful expectancy that good is coming. In today's world, many people are struggling to hold onto hope for their future. At times our hearts and minds can become overwhelmed with all the changes in life causing us to become weary. Our enemy wants us in fear, which often leads to hopelessness and even despair that things will never change for the better. But true hope comes from Him! The power of hope grows, the more we know His nature, His goodness, and His promises.

Lack of Vision and Hope Deferred

The number of people struggling with life in the past 3 years since Covid, has greatly increased. Father had me look up recent statistics in the US which showed a dramatic increase in the number of suicides as well as a much higher number of people dealing with depression, anxiety, drugs, and alcohol. It confirmed that in difficult times, pain often increases in people's hearts leading to a lack of hope and vision. **Proverbs 29:18 TPT** says, "**When there is no clear prophetic vision, people quickly wander astray. But when you follow the revelation of the word, heaven's bliss fills your soul.**" Vision and hope give power and purpose to our present lives and direction for the future.

The **KJV** says, "**Without a vision the people perish.**" A lack of direction for the future will not only drain us of energy but even shorten our lives. Without a reason to live for, we try to protect what we have or focus on the past, and we'll only change to avoid pain. Frankl had a vision of seeing his family again and writing the book he had carried in his heart.

List of Hope Scripture Verses to Meditate on – All are NKJV unless noted

-Ps. 27:13-14 - "I would have lost heart, unless I had believed that I would see the goodness of the Lord in the land of the living."

-Ps. 27:13-14 TPT - "Here's what I've learned through it all: Don't give up; don't get impatient; be entwined as one with the Lord. Be brave and courageous, and **never lose hope**. Yes, keep on waiting – for He will never disappoint you!" (I speak this verse to the Lord almost every day!)

-Ps. 16:8-9 – "I have set the Lord always before me; because He is at my right hand I shall not be moved. Therefore, my heart is glad, and my glory rejoices; my flesh also will rest in **hope**."

-Ps. 31:24 – "Be of good courage. And He shall strengthen your heart, all you who **hope** in the Lord."

-Ps. 71:14 – "But I will **hope** continually and will praise you yet more and more."

-Ps. 119:114– "You are my hiding place and my shield; I **hope** in Your word."

-Prov. 10:28 – "The **hope** of the righteous will be gladness, but the expectation of the wicked will be cut off."

-Jer. 17:7 – "Blessed is the man who trusts in the Lord, and whose **hope** is the Lord."

-Lam. 3:24 – "The LORD is my portion" says my soul. "Therefore, I **hope** in Him."

-Rom. 5:2b AMPC – "Let us rejoice and exult in our **hope** of experiencing and enjoying the glory of God."

-Rom. 5:5 AMPC– "Such **hope** never disappoints or deluded or shames us for God's love has been poured out in our hearts through the Holy Spirit who was given to us."

-1 John 3:3 TPT– "And all who focus their **hope** on Him will always be purifying themselves, just as Jesus is pure."

That vision caused him to endure intense suffering by believing it would make him stronger for his future. But without a vision for our lives, we can easily lose our way and question why we are alive. Or we may go into survival mode and keep doing things the same way. We may also live from our past or what we hear from other sources. Have you considered that television is *“telling-a-vision”* about our future – bad or good, so it’s important what images we let into our hearts! Having bucket lists of places you want to see or things you want to accomplish during your lifetime is a part of dreaming and having hope for the future. When God and His Word are the source of our vision, Father gets excited because He’s always desired to reveal His plans to us and be the One supplying all that we need to fulfill the vision. Looking to and delighting in the Lord leads to Him giving us the desires of our hearts (**Ps. 37:4**) and filling our souls with Heaven’s bliss! (**Prov. 29:18**) Ask Him to show you His vision of you and your future! Remember He only has plans for good and not evil to give you a future and a hope. **Jer. 29:11**

Proverbs 13:12 says, **“Hope deferred makes the heart sick, but when the desire comes, it is a tree of life.”** Delays and a prolonged time of waiting can cause our heart to grow weak and make it difficult to see the vision coming to pass. Yet when our desire takes place, it brings refreshing life and joy! What we focus on makes the difference! Is your focus on what the world and other people are saying or what God is saying? ***A lack of hope about a problem is a bigger problem than the problem.***

I heard a person say many years ago, circumstances are the situations that surround us. If we look at what is around us, we may be overwhelmed. But if we lift our eyes up and see our Father, everything changes because He is bigger than anything the devil can throw at us! We had to look up to Him in 2020 when our 50th anniversary trip to Europe was cancelled! We had spent several months planning our trip and we were very excited. But by mid-March, just two weeks before we were to leave, the world shut down with Covid. I was thankful we were still at home, but my heart was sick over the loss of our trip. I shed some tears and grieved over all the places we expected to enjoy! There were moments over the next 3yrs. when I questioned if we would ever get to go, but we kept our hope, and put our faith in His timing! Our desire finally came this past spring when we spent almost twenty-six days in Europe exploring many beautiful places, cities, and visiting friends! It was life-giving! Father showed me through



this that we all need God-sight to hold onto our hope rather than just looking at life with our natural eyes!

God’s ways to Overcome Growing Weary, Feeling Faint or Wanting to Quit

If we rehearse all that is happening in the world, we can become discouraged, fearful about the future, and even hopeless. The devil’s tactics are to magnify the negatives of life, so we forget God and His Word.

Daniel 7:25 says our enemy **“shall wear out the saints of the Most High.”** The Hebrew word for *wear out* means *a mental and emotional attack!* While writing this article, I experienced some of those attacks in my mind and body trying to get me to feel weary and weak. I have had to run to Him, let Him comfort me and speak truth to my heart and mind. He took me to Paul who wrote two-thirds of the New Testament. He had many reasons to lose heart after being beaten, stoned, shipwrecked, etc., but instead Paul says, **“We are hard-pressed on every side, yet not crushed, we are perplexed but not in despair...”** **2 Cor. 4:8** Paul kept his hope because he focused on the power of God in him. He also said, **“... let us not grow weary while doing good for in due season we shall reap if we faint not.”** **Gal. 6:9** It’s important to keep our spirit strong by

being in His presence and hearing what His word says. Then the situations we face won’t become bigger than our God or cause us to lose sight of Him or His solutions to life!

Jesus is our greatest example of overcoming all the strategies of the enemy and the negativity of this world. How did He resist the devil’s temptations, endure all the rejection in His hometown, the harsh words and hatred of the Pharisees, and the extreme suffering He went through on the cross? I believe His fellowship with His Father and the heart connection Jesus had with His Father’s love sustained Him through it all. Getting to know God’s nature, His goodness, His faithfulness, and His promises allows our confidence to be in the “greater one who lives in us” rather than this world.

God, the Source of Hope

The scriptures were written to show us who our God is and what He has said so His words can give us hope as we wait patiently for His promises to be fulfilled. **Rom. 15:4** Why do I say that? Because He is the same yesterday, today and forever! **Heb. 13:8** And it is impossible for God to lie! **Num. 23:19** Knowing His Word and who He is gives us hope and encouragement! For many years of my life, I read my bible basically

with my left-brain. That means I studied it to get knowledge about what happened, find principles to live by, and what I need to do to please God. But more recently, I was introduced to reading my Bible more with my right brain. Now I see myself meeting with the author in a relational way, letting Him show me the images that go with each story. I want to see it through His eyes, and I ask Him to teach me more about who He is. I also put myself in a position to feast/eat His Word, so I get to know His ways. My time in His word leads to interacting with Him which stirs my heart with images and hope.

Romans 15:13 TPT says, *“Now may God, the inspiration and fountain of hope, fill you to overflowing with uncontainable joy and perfect peace as you trust in Him. And may the power of the Holy Spirit continually surround your life with His supernatural abundance until you radiate with hope!”* Through reading the stories of many people in the Bible we can see how they too had to look to God as their place of hope. Abraham’s ability to have hope and hold onto it inspires me. He believed God could bring the dead back to life and create new things out of nothing. Even when there was no reason for hope, Abraham kept hoping and believing he would become the father of many nations, convinced of His faithfulness! **Rom. 4:17-20** Abraham and Sarah patiently endured, choosing to hold onto their hope in God’s promise and the oath He swore to them. We can have this certain hope like a strong, unbreakable anchor holding our souls to God Himself because of all that Jesus did for us! **Heb. 6:19 TPT** Hope anchors us to His goodness and faithfulness, which leads to great faith.

Increasing Hope

How do we increase our hope in God? Renewing our minds with His truth is a way to increase our hope. If our hope is decreasing, that may be evidence we’re renewing our minds with lies. Every area of our life that isn’t bright with hope means we are believing a lie, which means our enemy is building a stronghold in our mind/thoughts. When we have true hope, circumstances cannot stay the same. Another thing we can do to increase our hope is to be like Paul, *“forgetting those things that are behind and reaching forward to those things that are ahead.” Phil. 3:13*

He has been showing me how hope, trust, and confidence in Him grow if my first response is to rejoice despite circumstances. Paul tells us to *“Rejoice in the Lord always and again I say rejoice.” Phil. 4:4*

He overcame negative situations by rejoicing and praise. In verses **6-9**, Paul shares more details about keeping our peace and hope for the future. Our hearts can stay at peace by telling God everything and leaving it with Him. Then Paul tells us what to meditate and think on daily, which I see is the pattern for a hope-filled future in His kingdom. Despite many years of walking with the Lord, my days can get full, and I fall short of those patterns. We all mess up but we get to start over tomorrow!

Paul gave a very clear image to the Colossians of how to live every day, *“Yes, feast on all the treasures of the heavenly realm and fill your thoughts with heavenly realities, and not the distractions of the natural realm.” Col. 3:2 TPT* If we really begin to see ourselves belonging to the kingdom of heaven, our hope, and expectations of good things in our future will increase too. With Christ in our hearts, there is hope for glory and greater things! **Col. 1:27**

The Help of His Countenance or “Face”

Many years ago, **Psalms 42:5,11; 43:5** impacted my heart. The psalmist speaks about our *souls* being cast down and our *inner being* unsettled, but our spirit hoping in God and having the “help of His countenance.” Our soul (mind, will, and emotions) often tries to rule our body and spirit when life gets hard. The things of this world can distract us which happened to me recently! But the psalmist is telling himself and us to focus on *His countenance* which in *Hebrew* means *face*. We all need to see Father is always smiling at us! As I yield to Father rather than trying to do life on my own, my focus becomes Him! Then my heart is open, ready to receive, and I expect Him to be my good Father. Looking into His face gives me hope!

When we live aware of His smile and know He delights in us just the way we are, the pressure is off. We can wait and expectantly hope for what He is doing! The Aaronic Blessing could be paraphrased, *“May you feel the joy of God’s face shining on you because He is happy to be with you.”* Our hope will increase if we take time to gaze into His smiling face. Knowing He delights in us will bring security and hope to walk into the good future He has for us! Hope for the future comes from hearing His voice and following Him into the dreams/desires that He has placed in our hearts! May you feel safe and secure with a future filled with hope as you focus and gaze into His smiling face!



A Father's Blessing for HOPE

I bless you to recognize that your Father is the source of hope. I pray you let Father come and comfort the places in your heart and life where you have been disappointed and lost hope because of something that happened. May He help you release the pain, images, and words that caused you to lose hope about the future and vision for your life. I bless you to let Him help you dream again, finding purpose and direction for the future. May you open your heart daily and let Him show you any areas of your life where you are believing lies that would stop hope. As you read His word, may you have fresh eyes to see who He is and wants to be for you today! I pray for new revelations and vision to flow to your heart as He feeds you truth from His heart. I bless you to keep your heart and mind gazing at His face aware of Him smiling at you. May you rejoice in His delight and joy over you forever! Amen

