*Series: A Life Without Detours, # 5*

Do Not Lose Heart

**2 Cor. 4:7-18**

Few things detour our lives more easily than losing heart, what we often call *hopelessness*: the conviction that nothing will improve, that God will not intervene, that tomorrow will be no better than today, perhaps worse.

1) In this world you will have trouble, but take heart! I have overcome the world. John 16:33

What can I do practically to take heart?

2) Jesus told his disciples… that they should always pray and not give up.

Luke 18:1

Why are we tempted to give up? Why do we quit praying?

3) We do not have a high priest who is unable to sympathize with our weaknesses, but we have one (Jesus) who has been tempted in every way, just as we are – yet was without sin. Hebrews 4:15

Can you think of a moment when Jesus was tempted to lose heart?

4) Weep with those who weep. Romans 12:15

Is this command easy to obey? Why or why not?

How can I live this out as a believer? How can we live this out as a church?

Meditation on hope, and not losing heart:

Why my soul, are you so downcast? Put your hope in God. Psalm 42:5

My soul finds rest in God, my hope comes from him. Psalm 62:5

Those who hope in the Lord will renew their strength. They will soar on wings like eagles, they will run and not grow weary, they will walk and not be faint.

Isaiah 40:31

Be joyful in hope, patient in affliction, faithful in prayer. Romans 12:12

May the God of all hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope. Romans 15:13

We wait for the blessed hope, the appearing of the glory of our great God and Savior, Jesus Christ. Titus 2:13

Let us hold unswervingly to the hope we profess, for he who promised is faithful. Hebrews 10:23

Set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming 1 Peter 1:13

Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. 1 Peter 3:15