

## MENTAL HEALTH VACCINATIONS – PART II

### “The Vaccine of Hopeful Expectations”

#### Ephesians 1:18-19

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During the pandemic, many people have experienced little or no hope. Losing hope can be mentally catastrophic, but an injection of hope is like a breath of fresh air. Hope is like a bright ray of sunshine that warms the heart and brightens up your day. Hope plays a key role in having an emotionally healthy mind and enjoying a better quality of life. When someone becomes a believer in the Lord Jesus they experience an infusion of hope into their life. In today’s teaching, we will explore all the benefits of being vaccinated with hopeful expectations.

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#### #1. HOPELESSNESS IS A DEADLY MENTAL VIRUS, Pro 13:12

- A. Hopelessness causes physical problems
- B. Hopelessness causes mental health issues
- C. Hopelessness makes the heart sick, Pro 13:12

#### #2. A KEY COMPONENT OF THE GOSPEL IS HOPE, Col 1:3-6

- A. Hope is the foundation of faith and love, Col 1:3-6
  - B. Hope is stored up for us in heaven
  - C. Hope is something God calls us into, Eph 1:18-19
  - D. Hope is an area we need to grow in
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#### THE DEFINITION OF GOSPEL HOPE

A certainty that all God’s promises will come to pass because God is always faithful to his word.

#### THE DEFINITION OF SECULAR HOPE

A feeling of expectation and desire for a certain thing to happen.

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#### #3. AN DOSE OF GOSPEL HOPE CURES THE VIRUS OF DESPAIR

- A. Hope of receiving our inheritance, 1 Pet 1:3-5, 7
- B. Hope of God answering prayer, Mat 7:9-11
- C. Hope of God renewing our strength, Isaiah 40:28-31
- D. Hope is an anchor of the soul, Heb 6:18-20
- E. Hope increases our joy & peace, Rom 15:13
- F. Hope is connected to faith, Heb 11:1

#### #4. AN EXAMPLE OF HOPE FROM KING DAVID, Psalm 5:1-3

- A. David knew that God heard his prayers, vv. 1-3
- B. David talked to God every morning, v. 3
- C. David waited expectantly for God to show up, v. 3
- D. David’s relationship with God was strong, vv. 1-3

#### #5. AN EXAMPLE OF HOPE FROM PAUL, Phil 1:18-21

- A. Paul is waiting for his day in court
- B. Paul could be executed or released
- C. Paul was filled with expectation & hope
- D. Paul’s hope derived from their prayers & the Spirit

#### #6. ACTION STEPS FOR “HOPEFUL EXPECTATIONS” INOCULATION

- A. \_\_\_\_\_ Scripture about hope
  - B. Expect God to \_\_\_\_\_ every day
  - C. \_\_\_\_\_ God to answer your prayers
  - D. \_\_\_\_\_ people who try to take away your hope
  - E. Recognize the work of \_\_\_\_\_
  - F. \_\_\_\_\_ of yourself
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#### DISCUSSION QUESTIONS

#1. In what way(s) is the Biblical definition of hope different than the secular understanding of hope.

#2. What are the effects of hopelessness?

#3. Discuss each of the characteristics of hope on point #3 in the outline.

#4. Discuss the triad of faith, hope and love 1 Cor 13:13, 1 Thess 1:3

#5. What application can you make regarding David waiting expectantly for God's answer to prayer? Psalm 5:3

#6. Describe Paul's experience with hopeful expectations. Phil 1:18-21

#7. How does hopeful thinking play a role in your life?

#8. What is your takeaway from this teaching?

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#### ANNOUNCEMENTS

##### JOIN US ONLINE FOR

Tuesday Bible study at 6:30, Wednesday study & Prayer at 6:30. Click the "online meeting room" link on the home page of the website Hillcrestroseville.com

**June 6<sup>th</sup>** service at Garbolino Park followed by a potluck. Bring something to share. Bring a lawn chair. The church is providing the meat. Unfortunately, there will be no zoom service that day.

©Pastor Bruce Guckelberg, PhD, May 30, 2021

# Welcome

to

## Hillcrest Church!

### GIVING GOD OUR BEST – 2021!

*the faith and love that spring from the hope stored up for you in heaven and about which you have already heard in the true message of the gospel that has come to you.*

*Col 1:5-6*

May 30, 2021

Pastor Bruce Guckelberg