

## HOW TO GIVE HOPE TO COUNSELEES

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### Engaging the Heart

One of the most important things in counseling (in life as well) is HOPE.

Prov. 13:12: Hope deferred makes the heart sick. But when desire comes,  
it is a tree of life.

Desire= *ta'vah*, desire, longing, wish, lust, charm, delight.

(Every created hope perishes but Christ the God-man is our HOPE.)

In fact, in the USA, some have studied hospital deaths. They found that more people die early in the morning, pre-dawn hours because they lose hope. Victor Frankl, a secular psychotherapist who lived through the holocaust in Germany in the 1930's-1940's, noted that those with meaning or hope lived, even though sickly, while healthier ones without hope died.

The Bible says much about hope. Let's see what it is **not**, what it **is** and **how** to see it grow in people you may help.

### Exposition of the Word

- I. You need to avoid False hope despair.
  - A. It isn't luck, like rolling dice, i.e. hope = chance.
  - B. It is not wishful thinking, nor naming and claiming it. It is not a word/  
faith,  
Copeland/Hagan making it happen.
  - C. It's not the vanity of Ecclesiastes. It is not the flying of the weaver's  
shuttle. Job 14:7-10; 19:10
  - D. Not the desires of the wicked: Prov. 10:28-29; (14:32); 26:12
  - E. Not the false dream of false prophets, Ez. 13:6. (for ex. any kind, religious  
or  
psychological.
  - F. Not trust in material goods or money: Job 31:24; (or any other created  
item).
  - G. Not despair of life: Acts 27:20; under bad physical danger.
  - H. Not losing heart (or hope): 2 Cor. 3:12; 4:1; because of fading glory.
  - I. Not shame or fear, lack of confidence: Phil. 1:20.
  - J. Not ignorance of God: 1 Thess. 4:13.

despair  
*Summary:* The opposite is wishful thinking or vain ideas that lead to  
because they don't provide.

II. You need to grasp the nature of hope. Hope can be **partially** defined by its  
Biblical

- Parallels.
- A. Confidence or assurance coming from the fear of God and integrity. Job  
4:6;  
8:13-14; Heb 3:6; 6:11 (leads to perseverance).
  - B. Good courage and strong heart: Ps. 31:24
  - C. The fear of the Lord: Ps 33:18, 20; 147:11
  - D. Waiting on the Lord's deliverance: Ps 33:20-21
  - E. Watching like a soldier: Ps. 130: 5-6
  - F. Child-like trust: Ps. 131: 1-3
  - G. Knowing you'll share in profits of labor: I Cor. 9:10; because labor is not  
vain.
  - H. Hope is related to love and has results
    1. Bears all (stego: endure, put up with)
    2. Believes (pisteuo: believe, have confidence in)
    3. Endures (upomeno: endure, hold out, stand firm, bear, undergo,  
remain)
  - I. Lasts eternally: 1 Cor. 15:19
  - J. Does not manipulate techniques but meekly manifests the truth: 2 Cor.  
3:12
  - K. Holy Spirit-engendered trust in Christ's righteousness, not self work, but  
faith  
working through love: Gal. 5:5-6; 1 Thess. 1:3.
  - L. Comes out of Christ's calling: Eph. 1:18
  - M. Comes out of salvation stored in heaven: Col. 1:5, 27; 1 Pet. 1:3
  - N. Rests firmly on the confidence of the gospel: Col. 1:23.

III. You need to grasp hope's benefits.

- A. God is pleased with our hope: Ps. 147:11
- B. You are protected by it: The helmet of the hope of salvation (breastplate  
of  
faith & love), 1 Thess. 5:8
- C. Hope anchors your soul within the holies with your High Priest: Heb. 3:6;  
6:11; 7:19.
- D. Living Hope helps to purify: 1 Pet.1:3; 1 Jn. 3:3 and protect.

IV. You need to grasp hope's necessity.

- A. Hopelessness makes the heart sick, but hope is a tree of life: Prov. 13:12.
- B. Hopelessness can lead even to death: Ecc. 9:3-6. Hope can lead to repentance.
- C. Hopelessness can lead to suicide, but hope leads to struggling and suffering as a saint: Rom. 8:18-25. Also the spirit aids in this: Rom. 8:26-30; Christ's intercession is the foundation of hope: Rom. 8:31-38.
- D. Hopelessness leads to despair/depression, but hope leads to renewed trust in God who raises the dead, which alone leads to the worship of God and the comfort of others: 2 Cor. 1:3-10.
- E. Hopelessness can lead to quitting but hope leads to confident perseverance of the new covenant: 2 Cor. 3:4; 4:18. This ALONE results in changed counselees. Heb. 3:6; 6:11; 7:19. "Grace hope" is better than "work hope"!!

V. You need to grasp the SOURCE of Hope.

- A. Hope comes from God as a gift.
  - 1. God's mercy: Ps. 33:18; Lam. 3:21
  - 2. God's word: Ps. 119:49, 81,114,116
    - a. Word of promise: Rom. 4:18; Heb 6:11
    - b. Especially Rom. 15:4, 5, 13-14
  - 3. God Himself: Ps. 71:5; Jer. 14:8; 17:7; 50:7, Lam. 3:24
  - 4. God's chastening: Lam. 3:26
  - 5. The Messiah's Resurrection: Ps. 16:9; Acts 2:26 (Peter sermon); Acts 23:6 (Paul's sermon of defense to Sanhedrin); Acts 24:15 (Paul's defense to Felix); Acts 26:6-7 (Paul to Agrippa); Acts 28:20 (Paul to Jews in Rome)
  - 6. The Messiah's complete, finished work: Rom. 5:2, 4, 5; Eph. 2:12
  - 7. The Messiah in the believer: Col. 1:22; Eph. 4:4
  - 8. The Messiah's return in glory: Tit. 2:13
  - 9. The new birth: 1 Pet. 1:3
  - 10. Sanctification into Christ's image: 1 Jn. 3:3
  - 11. Eternal Life: Tit. 3:7
- B. Hope comes from human obedient faith.
  - 1. Hope is a covenantal response to God's grace.
    - a. Ps. 42:5, 11; 43:5 Why are you cast down? Self control
    - b. Ps. 78:7 Parents are to teach their children to set their hope on Jehovah.
    - c. Ps. 147:11 God responds to our hope!
  - 2. The battle of faith includes putting on HOPE!

- a. Put on the helmet of the hope of salvation; 1 Thess. 5:8 (cf. Eph. 6:1)
  - b. Our living hope means girding up the loins of the mind and working; 1 Pet. 1:13
  - c. Hope means entering the Holy of Holies in heaven to our hope in our High Priest: Heb. 3:6; 6:11; 7:19
- anchor

VI. You need to see the close connection between HOPE and success in counseling.

- A. The Lord is our hope. The counselee must have a personal, covenantal relationship with God. This is the core of change.
  - 1. Old Testament – Jehovah
  - 2. New Testament – Jesus the God-man.
- B. The Scripture of the God of hope.
  - 1. Rom. 5:3-5, 12-14 The Bible creates hope, perseverance and encouragement. Joy and peace (fruit of Spirit) comes from it.
  - 2. 2 Cor. 1:1-3 Comfort in the midst of suffering comes as we trust in the
    - Father of mercies and God of comfort.
  - 3. Col. 1:24-29 Christ in us creates the hope of GLORY (perfection!)
  - 4. Heb. 11:1-12:13 Fixing our eyes on Christ means hope of entering our name in list of Heb. 11.
  - 5. 1 Cor. 10:13 ex. adultery: Bathsheba/David; prostitution: Rahab; murder: Mannaseh.

### **Exhortation for Life**

**Personally**, do you have the gospel's HOPE of resurrection and GLORY with Christ?

**Pastorally**, do you know how to see it built into others?

**Principally**, do you know how to use the Scriptures to build HOPE?