

WORDS OF
JOY

Jeremiah 15:16



FIRST MELISSA

Your words were found and I ate them,
and **Your words became for me a joy**
and the delight of my heart; for I have
been called by Your name, O Lord God of
hosts. Jeremiah 15:16

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In this teaching series so far...

Joy of God's Word

Joy of struggles

Joy of newness (Rosh Hashanah)

Joy of forgiveness (Yom Kippur)

Joy of provision (Sukkot)

Joy of salvation

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Today...

Joy of Hope

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What is Hope?

a feeling of expectation and desire for a certain thing to happen, a feeling of trust

What is Hopelessness?

a feeling or state of despair; lack of hope

Bible words for Hope

ἐλπίς *elpis* Greek noun meaning “expectation of good, hope; joyful and confident expectation of eternal salvation.”

יָחַל *yachal* Hebrew verb meaning “to wait, hope, expect, trust.”

תִּקְוָה *tiqvah* Hebrew noun meaning “hope, expectation.”



PATIENT CARE | COVID-19 MENTAL HEALTH RESOURCES FOR FAMILIES, COVID-19 MENTAL HEALTH RESOURCES FOR FAMILIES 2020

Using Behavior Activation to Fight the COVID-19 Blues

WHERE IS HOPE TODAY?

Psychiatric Times

COVID-19 Blues

July 9, 2021



Research confirms COVID-19's negative impact on Americans' mental health.



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Home » UT Health Physicians News » Nine ways to fight those pandemic blues

Nine ways to fight those pandemic blues

Time & Date

Thursday, August 13, 2020

By: Joe Feist

COVID-19 has had a massive, devastating effect on humanity's physical health. But as the virus continues to spread and social distancing and other public health measures go on interminably, mental health issues are skyrocketing as well.

September 17, 2020

COVID-19 blues vs. depression: How to tell the difference

BY MOLLY ADAMS

Now that we're several months into the [COVID-19 pandemic](#), many of us are feeling the emotional toll of the uncertainty, worry and dramatic changes to our habits and our lives.

"While it's normal to have frequent thoughts of COVID-19, be mindful if these thoughts become more frequent, or start to impact your daily life," says Catherine Powers-James, Ph.D., a clinical psychologist in our [Integrative Medicine Center](#).

Recognizing symptoms of COVID-19 blues

Everyone's symptoms will be different, Powers-James says, but there are a few common ones to watch for.

If you're generally not feeling like yourself, that may be one of the first signs you're experiencing the blues. "You may find you don't enjoy things as much as you used to," Powers-James says.

Other common symptoms include:

- feelings of sadness, tearfulness, emptiness or hopelessness
- feelings of restlessness
- guilt
- anger or irritability more than normal
- withdrawing from things you used to enjoy
- avoiding talking to friends and family
- changes in sleep (sleeping too much or not enough)
- thoughts about harming yourself
- changes in appetite or weight (more or less)

THE UNIVERSITY OF TEXAS
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WORDS OF
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Jeremiah 15:16

The HOPE Formula

- H
- O
- P
- E

Romans 15

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Jeremiah 15:16

The HOPE Formula

- **H** Help others
- **O**
- **P**
- **E**

Help others

Now we who are strong ought to bear [carry] the weaknesses of those without strength and not just please ourselves. Romans 15:1

- *Who in your world needs strength?
- *What do we do when others are hurting?
- *Hopeful people are helpful people

Help others



*There is an inverse relationship between focusing on the needs of others and spiritual hope

*As my focus on MY struggles goes UP, my hope decreases

*As my focus on MY struggles goes DOWN, my hope increases

Help others

Each of us is to please his neighbor for his good, to his edification. For even Christ did not please Himself; but as it is written [Psalm 69:9], “The reproaches of those who reproached You fell on Me.” Romans 15:2-3

*Can we be helpful people, not arrogant people?

*Can we help someone and not publicize it?

Help others

Make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose. Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; not merely look out for your own personal interests, but also for the interests of others. Have this attitude in yourselves which was also in Christ Jesus... Philippians 2:2-5

*If I am hopeful, I am humble enough and confident enough to serve someone else

Help others

Let us hold fast the confession of our **hope** [ἐλπίς *elpis*] without wavering, for He who promised is faithful; and let us consider how to stimulate one another to love and good deeds, not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near. Hebrews 10:23-25

*Spiritual isolation is never God's plan

Help others

I pray that the eyes of your heart may be enlightened, so that you will know what is the **hope** [ἐλπίς *elpis*] of His calling, what are the riches of the glory of His inheritance in the saints, and what is the surpassing greatness of His power toward us who believe. Ephesians 1:18-19a

*How can our family members and friends **KNOW** the hope of God's calling, not just **OBSERVE** it in our lives?

The HOPE Formula

- H Help others
- O Obey God
- P
- E

Obey God



Therefore, prepare your minds for action, keep sober in spirit, fix your **hope** [ἐλπίς *elpis*] completely on the grace to be brought to you at the revelation of Jesus Christ. As obedient children, do not be conformed to the former lusts which were yours in your ignorance, but alike the Holy One who called you, be holy yourselves also in all your behavior; because it is written, “You shall be holy, for I am holy.” 1 Peter 1:13-16

*There is a direct relationship between spiritual hope and obedience to God

*As my obedience (personal holiness) goes UP, my hope increases

*As my obedience (personal holiness) goes DOWN, my hope decreases

Obey God

Jesus said, “If you love Me, you will keep My commandments.” John 14:15

Jesus said, “If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our abode with him.” John 14:23

*Fellowship with God and spiritual hope are the rewards for those who obey Jesus.

Obey God

Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect. Romans 12:1-2

*Am I willing to give my everything to the Giver of Hope?

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Obey God

“Now it shall be, if you diligently obey the Lord your God, being careful to do all His commandments which I command you today, the Lord your God will set you high above all the nations of the earth. All these blessings will come upon you and overtake you if you obey the Lord your God...” Deuteronomy 28:1-2

The HOPE Formula

- H Help others
- O Obey God
- P Persevere
- E

Persevere

For whatever was written in earlier times [Old Testament / Tanakh] was written for our instruction, so that through **perseverance** and the encouragement of the Scriptures we might have **hope** [ἐλπίς *elpis*]. Romans 15:4

*Your words became for me a **joy** Jeremiah 15:16

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Persevere

Now may the God who gives **perseverance** and encouragement grant you to be of the same mind with one another according to Christ Jesus, so that with one accord you may with one voice glorify the God and Father of our Lord Jesus Christ. Romans 15:5-6

- *What does God-honoring unity look like?
- *How does this type of unity glorify God?
- *Hopeful perseverance requires teamwork

Persevere

Behold, the eye of the Lord is on those who fear Him, on those who **hope** [יָחַל *yachal*] for His lovingkindness, to deliver their soul from death and to keep them alive in famine. Our soul waits for the Lord; He is our help and our shield. For our heart rejoices in Him, because we trust in His holy name. Let Your lovingkindness, O Lord, be upon us, according as we have **hoped** [יָחַל *yachal*] in You. Psalm 33:18-22

Persevere

O God, do not be far from me; O my God, hasten to my help! Let those who are adversaries of my soul be ashamed and consumed; let them be covered with reproach and dishonor, who seek to injure me. But as for me, I will **hope** [יָחַל *yachal*] continually, and will praise You yet more and more. My mouth shall tell of Your righteousness and of Your salvation all day long; for I do not know the sum of them.

Psalm 71:12-15

*Hopeful people speak constantly about God's goodness

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Persevere

Do you not know? Have you not heard? The Everlasting God, the Lord, the Creator of the ends of the earth does not become weary or tired. His understanding is inscrutable. He gives strength to the weary, and to him who lacks might He increases power. Though youths grow weary and tired, and vigorous young men stumble badly, yet those who wait for the Lord will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary. Isaiah 40:28-31

The HOPE Formula

- H Help others
- O Obey God
- P Persevere
- E Exclude none

Exclude none

Therefore, accept [present imperative... keep on accepting] one another, just as Christ also accepted us to the glory of God. For I say that Christ has become a servant to the circumcision [Jews] on behalf of the truth of God to confirm the promises given to the fathers, and for the Gentiles [non-Jews] to glorify God for His mercy; as it is written [2 Samuel 22:50], “Therefore I will give praise to You among the Gentiles, and I will sing to Your name.” Romans 15:7-9

Exclude none

Again he says, “Rejoice, O Gentiles, with His people [Deuteronomy 32:43].” And again, “Praise the Lord all you Gentiles, and let all the peoples praise Him [Psalm 117:1].” Again Isaiah says, “There shall come the root of Jesse, and He who arises to rule over the Gentiles, in Him shall the Gentiles **hope** [Isaiah 11:10].”

Romans 15:10-12

*Yeshua offers salvation and hope to ALL who believe

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The HOPE Formula

- H Help others
- O Obey God
- P Persevere
- E Exclude none

The prayer of our church

The passion of our church

Now may the God of **hope** [ἐλπίς *elpis*] fill you with all joy and peace in believing, so that you will abound in **hope** [ἐλπίς *elpis*] by the power of the Holy Spirit.

Romans 15:13

*There is a connection between hope, joy, and peace

*We need hope that abounds

*God offers hope that abounds

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Make this our prayer today!

Now may the God of **hope** fill you with all joy and peace in believing, so that you will abound in **hope** by the power of the Holy Spirit. Romans 15:13

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