

YOUR
ANCHOR
HOPE



“This hope we have as an anchor of the soul, a hope both sure and steadfast...”

Angela Kugia Sanchez

YOUR HOPE

by Angela Kugia Sanchez

Something or someone has let you down. This was not the way you planned, dreamed, or hoped it would be, and your heart aches over the way things turned out.

Disappointment, discouragement, and depression threaten to creep in while the enemy of your soul crouches nearby anticipating the wreckage of despair. He and his cohorts are eager to see your disappointments render you inoperative and ineffective for God's kingdom work.

But you must not give up and you must never give in!

When the waves come crashing, look up. You have an anchor for your soul – a true and abiding hope that will never disappoint or let you down! True Biblical hope is not just a wishing or desiring for good, but a confident, guaranteed, full assurance of fulfilled expectation.

YOUR HOPE is a Bible study guide that will help you dig into God's living, life-changing Word to discover powerful truths about an eternal hope that will help you hold fast and weather the storms that life brings your way. These three faith building lessons will strengthen, embolden, and equip you. So tell your enemies to put away the confetti – because you are holding strong!

Your Hope

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ISBN 978-0-9820831-2-3

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YOUR HOPE

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INTRODUCTION

Where is your hope? Without even realizing it we often place our hope in things that eventually let us down or disappoint us. Things like people, opportunities, positions, possessions, circumstances, outcomes, possibilities, or dreams. And before we know it we have squandered countless hours and opportunities on fruitless yearnings and unfulfilled pursuits.

What we long for and need is a sure hope, a hope that will never let us down, never fail us, and never disappoint. There is such a hope, a confident, guaranteed expectation - an eternal hope, beyond our circumstances and within our reach. The Bible tells us what our true hope is, and that true hope is “an anchor of the soul, a hope both sure and steadfast...” (Hebrews 6:19)

HOPE:
confident
guaranteed
expectation

Get ready to allow God’s Word to penetrate your heart, dispel the lies of the enemy, and free you from the lures of discouragement and hopelessness in these three powerful lessons.

LESSON ONE

GET READY TO STUDY

Always begin your study times with prayer. Ask God to give you great understanding and insight as well as a teachable and willing heart to hear and live in light of all He has to say to you in His Word.

STUDY IT

1. Begin by carefully and reflectively reading through Psalm 71.

Though this Psalm does not have a title most people believe that King David wrote this Psalm. As you read through it you see that he found himself in difficult and distressing circumstances being unjustly oppressed by his ruthless enemies. He may even have written it during the time that his own son Absalom rebelled and conspired against him. (2 Samuel 15-18)

Can you relate to what that must have been like? Have you ever had “enemies” unjustly accusing, vehemently opposing, or hurtfully betraying or rejecting you? Maybe the enemies even turned out to be your co-workers, closest friends, or family members too.

2. Read Psalm 71:1-5 again and answer the following questions:
 - a) In his distress where does David take refuge? (verse 1)
 - b) How often does he turn to his refuge? (verse 3)
 - c) Why? Write out verse 5 below:

3. Reread Psalm 71:14-16. How does David express his hope?

Think about it: David took two important steps to keep from losing his focus in the midst of his distress: First- he thought what was true, and second - he said what was true. How did that help him keep his eyes, mind and heart on his true hope?

4. Read the following Scripture passages and briefly write out what you learn about where true hope is found and how it will help you.

a) Psalm 31:24

b) Psalm 42:5

c) Psalm 62:5-6 (*also see Proverbs 3:26*)

d) Isaiah 40:28-31

In Psalm 42:5 we saw that He is help for our soul! The issue of Hope is a serious matter – it is a matter of the soul. Left undealt with, discouragement, disillusionment, and disappointment are a danger to the very soul of man. Oh yes, the enemy knows, if he can get to your soul- he wins!!

APPLY IT

Where is your hope? Get real before God and ask Him to help you honestly realize and confess if you have been placing your hope on anything or anyone other than Him - things like people, opportunities, positions, possessions, outcomes, circumstances, possibilities, or dreams.

When waves of discouragement and pain come crashing in where do you turn, what do you do, what do you think, and what do you say? How do you express your hope?

Do you get on your knees and turn to the Lord-continually? Do you “take every thought captive” as it says in 2 Corinthians 10:5? Do you refuse to let your mind dwell on things that are negative, false, or destructive? Things like: “I can’t go on” “I’ll never make it” “there’s nothing anyone can do” etc.

Take a few minutes to read through Philippians 4:8 and list out what thoughts you should allow your mind to dwell on according to this verse. Will you choose to think what is true and say what is true like David did? Will you proclaim the righteousness of God and tell of His righteous deeds?

Do you need to change anything? Who will you ask to hold you accountable?

PRAY IT

Turn Psalm 71:5 into your own personal prayer to your Lord.

LESSON TWO

GET READY TO STUDY

Always begin your study times with prayer. Ask the Lord to use His Word to strengthen, equip, convict, and change you for His glory and purposes as you study.

STUDY IT

1. Continue your study of hope by carefully and reflectively reading through Psalm 130.
2. Write out Psalm 130 verse 5 below, and then read it out loud.
3. According to verse 5 what does the Psalmist hope in?

Why? To find out read the following Scripture passages and note the reasons:

- a) Psalm 119:105

b) Psalm 119: 130

c) Psalm 119:160

d) Psalm 119:165

4. Reread Psalm 130:7 to see the psalmist's exhortation to Israel about hope. According to this verse where should you put your hope and why?

Remember – hope is a matter of the soul! The Lord does not provide a fading fix, or temporal solution. No, He provides for the souls eternal need – redemption and grace.

5. Was this truth about hope only for the nation of Israel? Look up the following Scripture passages to see what you learn about the believers hope. Be sure to note what or who your hope is and why.
- a) 1 Timothy 6:17
 - b) 1 Timothy 4:10
 - c) 1 Timothy 1:1

Why? Learn more regarding 1 Timothy 1:1 by reading the following Scripture passages:

Ephesians 1:7-8 *What do we have in Christ?*

Ephesians 1:13 *What three steps took place?*

Ephesians 1:14 *What important role does the Holy Spirit have?*

- d) Colossians 1:27 (*As you consider your hope in this verse be sure to check the context by reading verses 25-27*)
- e) 1 Peter 1:3-9 *What is your hope called (verse3) and what do you learn in these verses that help you understand and explain Colossians 1:27?*
6. Why is placing your hope in God and in His Son Jesus a sure and unfailing hope? Read the following Scripture passages and write out your insights:
- a) Romans 8:35-39
- b) Psalm 73:25-26
7. End this lesson by reading Psalm 131:3. Where will you place your hope? For how long?

APPLY IT

What has your soul really waited for and sought after? Have you longed for the favor of people, the pursuit of riches, the power of position, or the results of your efforts more than you have sought after the glories of Christ and the favor of your heavenly Father? Ask the Lord to help you let go of any false and unfulfilling hopes and to fill your heart with the hope of glory, the hope of His provision and the hope of His presence.

PRAY IT

Turn Psalm 130:5 into your own personal prayer to the Lord.

LESSON THREE

GET READY TO STUDY

Always begin your study times with prayer. Ask the Lord to open His Word to you and to use it to transform your heart for His glory.

STUDY IT

1. Read 1 Peter 1:13 in your Bible.
2. Now write it out in the space below and circle the words “hope” and “on”.

3. Carefully and thoughtfully read through 1 Peter 1:13 again and consider what God is telling you about true hope that will never disappoint or let you down. Then answer these questions from the text:

a) What should you set or fix your hope on?

b) When will this be brought or given to you?

4. What important truths was Peter refocusing his readers on? Let's look at some other verses in Scripture, or cross-references, to learn more. Look up the passages and write out your insights for each question:

a) When will the revelation of Jesus Christ be?

Mark 13:19, 24-26

Luke 21:25-27

b) Who will see it?

Revelation 1:7

c) What will happen then?

Matthew 16:27

Mark 8:38

2 Thessalonians 1:6-10

d) What is the grace to be brought to us?

1 Thessalonians 1:10, 5:9

Revelation 20:6

Revelation 21:1-7

Revelation 22:3-5

Matthew 10:26

Luke 12:8

Psalms 37:6

5. The Greek word that is translated “completely” or “fully” in 1 Peter 1:13 is *teleios*. This important word means *perfectly, entirely, steadfastly, unwaveringly*. Keeping in mind all you have just seen, read through 1 Peter 1:13 again replacing the word “completely” or “fully” with the words *perfectly, entirely, steadfastly, unwaveringly*, then spend some time reflecting on what you read.

Think About It: If your hope is completely fixed on the grace to be brought to you at the revelation of Jesus Christ then where is it not fixed? How does where your hope is affect your actions, attitudes, and words?

6. Look back at the first line of 1 Peter 1:13 and think about what it will take for you to fix your hope where it should be. Read the following verses to gain additional insights and write down any important truths you need to remember.
 - a) Colossians 3:1-4
 - b) Hebrews 12:1-3
 - c) Titus 2:11-14

APPLY IT

The enemy of your soul wants to use the disappointments, hurts, and discouragements of your life to keep you from being powerfully effective for God's glory and kingdom. He wants you to give up, give in, sit down, and wallow in your grief and pain. But you will not be persuaded because your hope is not in what others do, if your earthly dreams come true, or in the temporal pursuits of this world. No, you have an eternal hope, one that is sure and steadfast, one that can never be shaken, hindered, or taken away.

Now look back over all the truths the Lord has shown you in these three lessons. Write a brief summary of the most important insights about hope that you have learned and how it will make a difference in your daily life when disappointment rears its ugly head: when you lose your job, when someone abandons you, when a loved one gets sick, when things don't turn out the way you dreamed and planned, etc. How will you choose to let these truths impact your life effectively and purposefully for God's glory?

Close your study by reading Romans 15:13.

PRAY IT

Turn 1 Peter 1:13 into your own personal prayer to your Lord.

Well done beloved child of the King. May the Lord fill you with the hope of glory, make His presence known to you in powerful ways, and strengthen you to accomplish all He has for you to do in His Name.

*On the day I called, You answered me;
You made me bold with strength in my soul.
Psalm 138:3*

ABOUT THE AUTHOR

*“Now there are a variety of gifts, but the same Spirit. And there are varieties of ministries, and the same Lord. And there are varieties of effects, but the same God who works all things in all persons. But to each one is given the manifestation of the Spirit for the common good.”
(1 Corinthians 12:4-7)*

Angela Kugia Sanchez

The most ordinary of ordinary nobodies – serving an extraordinary God

Author and Bible teacher Angela Kugia Sanchez is a co-founder and director of Lampstand Retreat Ministries, Inc., which was established in 1990. Teaching inductive Bible studies to help God’s people become grounded in the Word of God and live in light of its truths has been her passion for over 30 years. In addition, she has been involved with speaking at retreats, special events, and seminars, using her gift of teaching to boldly proclaim the truths of His Word in a way that encourages practical personal application, and ignites a desire to know Him more intimately.

Please visit www.lampstandmin.com to download other powerful, life-changing Bible studies for free.

YOUR HOPE is a Bible study guide that will help you dig into God's living, life-changing Word to discover powerful truths about an eternal hope that will help you hold fast and weather the storms that life brings your way. Get ready to allow God's Word to penetrate your heart, dispel the lies of the enemy, and free you from the dangers of discouragement in three powerful faith-building lessons.

"In these dark days of decaying morals, unknown economic future, and world-wide turmoil, we need to place our hope in Jesus Christ and the 'blessed hope' of His return more than ever. *Your Hope* helps us to realign our spiritual compasses to the true North of our Savior's love."

PASTOR MATT BURTON, Assoc. Pastor of Worship and Youth,
First Baptist Church, Mascoutah, IL.

"*Your Hope* Bible study is an excellent look into the hope we have in Christ. Angela Sanchez has made a clear and concise presentation of biblical hope making it a great tool in the hands of a counselor who is ministering to those who have "lost" hope. For those going through life's storms, or those who want to prepare for them, "Your Hope" will benefit them greatly."

PASTOR DUANE SMITH, First Baptist Church, Mascoutah, IL

"This little booklet is a powerful instrument to direct the hurting person from despair to hope, pouring Scripture directly into the hearts of those who read and apply it. Thank you Angela for your desire to bring God glory as people are being transformed from one degree of glory to another. (2 Corinthians 3:18)"

TERRI STREICH, Former Family Leader, Harvest Bible, Elgin, IL