

Introduction: It all started with a homework assignment

- **The question:** What's the single most important thing you do as a leader?

The answer: "That's easy, I make sure I stay _____."

"Discouragement is the anesthetic the devil uses on a person just before he reaches in and carves out his heart."

- Howard Hendricks

- **What is hope?** – The mental and emotional outlook that life is good, the future is promising, and progress is certain... even in the midst of difficult circumstances and challenging relationships.
- **Why does it matter?**
- **What's your "HQ" today?** ¹
¹ The *Hope Quotient* by Ray Johnson
- **What's the source of your hope?**

How to find and keep hope alive:

The context: Philippians 1-2

- In difficult circumstances = I choose **joy!**
- In challenging relationships = I choose **love!**
- In confusion and chaos = I choose **hope!**

The command: Rejoice in the Lord

Philippians 3:1

The warning: Beware of false teachers

Philippians 3:2

The reason:

³For it is we who are the circumcision, we who serve God by His Spirit, who boast in Christ Jesus, and who put no confidence in the flesh—

Philippians 3:3 (NIV)

The proof:

⁴though I myself have reasons for such confidence.

If someone else thinks they have reasons to put confidence in the flesh, I have more: ⁵circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee; ⁶as for zeal, persecuting the church; as for righteousness based on the law, faultless.

⁷But whatever were gains to me I now consider loss for the sake of Christ. ⁸What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ ⁹and be found in Him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith.

Philippians 3:4-9 (NIV)

3 Vital Takeaways:

1. Whatever we put our HOPE in will determine what we _____.

False source of hope

External

vs.

True source of hope

Internal

Rules, laws, success,
status, salary

vs.

Grace

Confidence in self-effort

vs.

Confidence in Christ's work

2. False HOPE always ends in either _____ or _____.

1 Timothy 6:17

3. True HOPE is rooted in _____ and results in
_____ and _____.

Romans 5:1-5

Discussion Questions:

1. How important is hope in your life?
2. What new insight did you gain about hope?
3. What “false hopes” are you tempted to pursue? Which ones have you pursued in the past?
4. How does a person come to have the kind of personal relationship with Jesus that Paul describes?
5. What has helped you the most to enjoy your relationship with Christ?
6. How has your hope in Christ sustained you in difficult times?