



There Is Always Hope



In school, we learned that by changing the way a word ended, we could change its whole meaning. There can be many different endings and many different meanings for the same word. For example, when we take the word “hope” and add “d,” it changes the word to “hoped,” meaning we used to hope but we don’t now. Adding “ing” changes the word to “hoping,” meaning we didn’t used to hope, but now we do, and if we add “less,” the word means we have given up all hope for what we wanted.

The word “hope,” means to anticipate with pleasure, expectation and confidence. Many times, however, in the lives of wounded women the word changes from “hope,” to “hopeless,” and becomes a repeated pattern in their relationships. Sometimes with tragic results.

When a wounded woman meets someone who seems to love her, hope springs up and floods her emotions with excitement and happiness. Then, with the passing of time, disagreements or disillusionment begins to surface and tension enters the relationship. Because of her own insecurity she is unable to understand or express her fear of abandonment, and she begins to experience the emotions of abandonment even though it hasn’t happened yet.



Now, instead of “I hope this is the love I have always longed for,” she begins to say to herself, “I had hoped we would be happy and would always love each other.” Her sorrow for the lost dream of happiness begins to cloud the bright hope, and the beauty of what could have been fades away. The words she speaks to herself now are, “It’s hopeless! I will never have someone to love me. Things never work out for me. What’s wrong with me?”

When this happens and hopelessness sets in with its constant companions, depression and low self-esteem, victim thinking begins to close in upon the mind of a wounded woman and destructive forces are set in motion. They begin to see no hope for themselves or their children.

Recently the world was shocked by the news that one such troubled mother had thrown her two little sons off of a bridge into a freezing cold river, and then jumped in herself. The youngest boy died. The older boy was brought back to life but was permanently brain damaged. The mother was rescued and faced murder charges for killing her son.

It was learned from neighbors that she was always depressed because she and her husband lived in such an abusive relationship. He physically and verbally beat and abused her all of their married life. Her hopes and dreams of happiness had been cruelly destroyed, and in her mind, she was doing an act of love for her boys so the father could not abuse them and cause them to suffer as she had.

Proverbs 13:12 says, “*Hope deferred makes the heart sick, but when the desire comes it is a tree of life.*” Deferred means delayed or put off. When hope is delayed or put off, it makes the heart sick.



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In the Bible the word “heart” means our mind, thoughts and feelings. So, when our heart is sick, we feel depressed. The word “sick” used in this verse means to be worn down, to grieve, to be wounded. Bible prophecies are rapidly being fulfilled. Even secular magazines and newspapers speak of the predicted return of Jesus Christ. They know something monumental is about to happen. Wounded women and fatherless children are the most vulnerable to damage from the anti-Christian, anti-God philosophies that have so deeply penetrated our society. They are victims of the fallout from these humanistic teachings that disregard the teachings of Christ and have resulted in the breakdown of the family as God intended it to be.

Without a loving, nurturing family where moms are moms, dads are dads, and kids are kids, serious emotional distress appears in family members. Society is now dealing with the third and fourth generation of dysfunctional families in which there are no role models except for loving moms. Moms who are emotionally bombarded by neglect and abuse, are raising their children alone. Dads, who were abused as children, are abusing their wives and children because they have to have power and control over something in their life when everything else seems out of control. Children, who are exposed to abuse are no longer allowed the innocence of childhood to explore and develop their own personality.



Where is God in all of this? What is the answer for these victims of an ungodly society? God is where He has always been. He is the only answer for these victims. Helping them and saving them from destruction. He came to earth as our Savior and gave us his solemn promise that He would never leave us or forsake us (Hebrews 13:5,6). “_ _ _ for He has said, I will never leave you or forsake you, so that we may boldly say, ‘The Lord is my helper, and I will not fear what man shall do unto me.’”



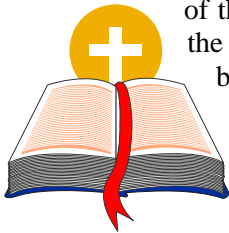
He is called Immanuel which means “God with us.” He experienced human temptations and emotions just as we do. He helps us in our griefs and sorrows with understanding and compassion because He knows how we feel. He understands a broken heart. He is the healer of broken hearts.

When we accept Him as our Savior, by believing in Him and confessing with our mouth that He is Lord, He gives us complete forgiveness for all of our sins, past, present and future, and accepts us in His family to live with Him forever and ever.

God did all of this for us! That we might have beauty in our lives instead of the ashes of hopeless relationships; the oil of joy to replace mourning and sorrow over love that was lost; and a spirit of praise instead of heaviness, dullness and despondency; so that He may be glorified.

Ashes, mourning and heaviness are all painful memories that wounded women have. Memories of times when our survival depended on pleasing the one who was abusing us, out of fear of punishment. When as a helpless traumatized victim we had to look to the very one who was abusing us to meet our daily needs, denying the terror inside of us. When surviving meant always nervously watching to meet his needs and ignoring our own. Coming to see life from his perspective, losing touch with our own self-esteem. Denying the cruel or violent side of our abuser, finding it difficult to psychologically (mentally) separate from him. Fearing the loss of the only protective relationship and the only identity we knew.

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The healing of our mind is as important as the healing of our body. Jesus brought the good news of the gospel to heal the broken hearted (crushed in mind), to preach deliverance to the captives (victims who cannot free themselves), the recovering of sight to the blind (whose minds are blinded by abuse), to set at liberty them that are bruised (mentally and physically). (Luke 4:18) It's done! We have only to believe and receive it. No one can do that for us. The way to do that is to praise and thank Him for saving us, and read His word.

When Jesus ascended into heaven after His resurrection, He sent the Holy Spirit to take His place here on earth. He promised that the Holy Spirit would live in us, and permanently stay with us forever. (John 14:16-18) The Holy Spirit lives in us and comforts us and guides us. He helps our weaknesses and sicknesses, and heals those things that cripple us physically and mentally. (Romans 8:26)

Nothing gets done until the first step is taken. Faith is putting action to what you are hoping for. (Hebrews 11:1) *"Now faith is the substance of things hoped for, the evidence of things not seen."* Even the Holy Spirit can't help us until we open the door to our heart (mind, thoughts and emotions). Start now to pray and seek His help if you are wounded and feeling hopeless.

Keep the words of Jesus in your mind. Total healing cannot take place without them because they are alive and full of power. Jesus said the Holy Spirit will help us learn His words and remember them. He doesn't want us to be troubled and afraid. He wants us to have joy. *"These things I have spoken to you, that My joy may remain in you, and that your joy may be full."* (John 15:11) That kind of joy that is available to us as sons and daughters of God. It is a gift. It's up to us to accept it.



Like any other gift you receive, you must reach out and take it. By accepting the joy of the Lord, and choosing to think joyfully, you have begun your healing. The Bible promises that *"A merry heart (a happy heart) is a good medicine and a cheerful mind works healing, but a broken spirit of hopelessness dries the bones."* (Proverbs 17:22 AMP)

You may feel that the weight of your painful memories is too heavy right now to let joy in. But if you have asked Jesus to be your Savior, the joy is already within you. It is a fruit of the Holy Spirit. (Galatians 5:22) *"The fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness."* That's why Jesus said we can replace the sorrow of mourning, and the spirit of heaviness with joy.

You may not feel like singing or praising God, or even smiling. But if you will surrender your will unto your Lord Jesus just long enough to speak His Name aloud, you have taken a tiny step toward recovering your peace of mind. He hears your cry, He has an answer, He came to earth so that you could have abundant, overcoming joy, knowing that you have a future and a HOPE! God never changes the glorious ending of "hope."

"Now the God of hope fill you with all joy and peace in believing, that you may abound in hope, through the power of the Holy Spirit." (Romans 15:13)



There Is Always Hope

1. When hope is deferred, what happens?

2. What does the heart mean in the Bible?

3. What did Jesus promise He would never do?

4. Because Jesus is my helper, what should I be saying?

5. What four things does the gospel (good news) of Jesus do?

_____ / _____

_____ / _____

6. What did Jesus promise the Holy Spirit would do?

7. What is faith in Hebrews 11:1?

8. What does a merry heart (mind, thoughts, feelings) do for me?

9. What is joy and how do I get it?

10. How do I get hope? (Romans 15:13)

(The answer to this question will be your memory verse)

MEMORY VERSE _____

There Is Always Hope

1. When hope is deferred, what happens?

Hope deferred makes the heart sick.

2. What does the heart mean in the Bible?

My mind, thoughts and feelings.

3. What did Jesus promise He would never do?

He promised He would never leave me or forsake me.

4. Because Jesus is my helper, what should I be saying?

The Lord is my helper, and I will not fear what man shall do unto me.

5. What four things does the gospel (good news) of Jesus do?

Heals the broken hearted / preaches deliverance to the captives
Gives recovery of sight / sets at liberty those who are bruised

6. What did Jesus promise the Holy Spirit would do?

Live in us and heal us.

7. What is faith in Hebrews 11:1?

Faith is the substance of things hoped for, the evidence of things not seen.

8. What does a merry heart (mind, thoughts, feelings) do for me?

It acts like a medicine and heals me.

9. What is joy and how do I get it?

It is a fruit of the Holy Spirit and I get it when I accept Jesus as Savior.

10. How do I get hope? (Romans 15:13)

MEMORY VERSE “Now the God of **hope** fill you with all joy and peace in believing, that you may abound in **hope**, through the power of the Holy Spirit.”