

Comfort & Hope

This week we see that God perfectly provides the believer with comfort and hope in a variety of ways as he seeks to honor and trust Him.

Begin by praying, asking God to comfort and give you hope in your particular situation through His Word. Read each of the following verses putting your name into the verse. (For example, Psalm 46:1, “The Lord is Tom’s refuge and strength, an ever-present help in trouble.” (*italics added*)) Then write down your answers to the questions in the spaces provided below.

Day 1 *Memory Verse reviewed today? Yes ___ No ___*

1. This week’s Scripture memory verse is **Psalm 46:1-2a**. Write it out in the space below. Be prepared to say this comforting and encouraging verse from memory the next time we meet.

2. **Psalm 119:50, 52, 143, Romans 15:4, Philippians 4:9**
 - a. From each Psalm passage, what brought the psalmist comfort in his distress?

 - b. From the Romans and Philippians passages, why did God have His Word written down and preserved for us?

 - c. Have you ever used scripture as your source of hope and comfort? If so share an example of this.

 - d. What practical things can believers do in order to have hope?

3. **II Thessalonians 2:16-17**
 - a. What has God done in the past that He will continue to do for you as you live for Him?

 - b. Will you pause now and pray these verses back to God, claiming them as your own?

4. **Romans 8:26** Is there a place in your heart that is so troubled that you don’t even know how or what to pray? Will you write a prayer of thanksgiving to God for the prayers of the One who knows the mind of God?

Day 2 *Memory Verse reviewed today? Yes ___ No ___*

5. Psalm 9:18, Isaiah 42:3

- a. In what situation do you feel your hope is perishing or diminishing?

- b. From these verses, what promise does God give you when you feel bruised or at end of your rope?

- c. Will you choose to believe that for the Christian there is always hope within every situation? If you have not chosen to believe this yet, please pray, asking God to help you believe. Then as you do your homework, be sensitive to how God is helping you grasp hold of His eternal hope.

6. Psalm 46:1,5, Psalm 121:1-8 List the wonderful things God does to help the psalmist.

7. Matthew 8:23-27 Someone has said, “My ship may be tossed because sin is in it, but it shall not be overwhelmed because Christ is in it.” What storm will you not be overcome by, and how are you exercising your faith to combat a sense of hopelessness today?

8. Psalm 103:8-18

- a. What wonderful descriptions of God’s character (attributes of God) are given in these verses?

- b. From questions 6 and 8a, which characteristics about our Lord bring you special comfort today and why?

- c. What is the phrase used 3 times (verses 11,13,17) to describe the person who receives the benefit of these attributes of God?

- d. Fearing God means that we stand in awe and reverence of His perfect character, including His love and power. How can you more fully incorporate the “fear of God” into your life?

Day 3 *Memory Verse reviewed today? Yes ___ No ___*

9. Deuteronomy 32:10-11, Isaiah 51:3

- a. What did our loving Father do when He found Israel/Zion in a desert land?

- b. What “desert” or “wasteland” in your life is bringing to your attention your need for God to catch you and carry you?

- c. Will you choose today to believe that He is hovering over you, shielding and guarding you as the apple of His eye? How will your attitude reflect that today?

- d. In your own words, write a personal prayer asking God to help you know His comfort and care for you in the midst of difficulties.

10. Psalm 23:1-6

- a. What about your soul needs restoring?

- b. In the midst of hurt and sadness, what “green pastures” and “still waters” has God given to you?

- c. Are you willing to follow God’s loving guidance down the path of righteousness (by determining to be obedient to His Word)? If you cannot say yes, will you ask God to give you a heart that wants to be obedient?

11. Psalm 91:14-15

- a. What are three things in these verses that the believer does?

- b. What six things does God do?

- c. How will you seek to implement each of your three answers to part “a” today?

Day 4 *Memory Verse reviewed today? Yes ___ No ___*

12. John 10:11-15, 27-28

- a. Honestly speaking, have you viewed God in some situations as the “hired hand” that runs away in trouble? Instead, will you claim Him as your Good Shepherd today, choosing to recognize the price He lovingly paid for you?

- b. What does Jesus do for you as one of the sheep in His flock?

13. Matthew 11:28-30, Psalm 55:22

- a. In your own words, how would you describe Jesus’ heart for the weary and burdened?

- b. What are we to do with our burdens, and what will God then do?

- c. What burden(s) do you need to cast upon your all-powerful Lord?

- d. Practice casting your burdens upon the Lord by writing a prayer to Him for a present burden in your life.

14. 2 Corinthians 7:5-7

- a. How did Paul describe their difficulties?

- b. How did our compassionate Father bring them comfort?

- c. How has God brought you comfort at a time when you were downcast?

15. 2 Corinthians 1:3-4

- a. What are we to do with the comfort we receive from “the Father of compassion”?

- b. Who around you needs comforting? How and when will you seek to bring comfort to this person?

Day 5 Memory Verse reviewed today? Yes ___ No ___

Emergencies¹

16. Read Psalm 139

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” (Philippians 4:6-8)

17. When you panic, you may not think rationally. Therefore, while you are calm, write down a plan of action based on the loving direction in the verses listed above and other verses from your homework thus far.

a. List verses you will read when you feel panic:

b. Write down a prayer you will pray to the God of all comfort, our all-powerful Father.

c. List Christian friends (and their phone numbers) you will call when you are in a panic situation.

d. List reasons you want to live.

e. List other plans of action that you can do after you have done all of the above. Examples: Make a cup of coffee, exercise in the following manner, etc.

¹ Richard and Lois Klempel, *Abused? How You Can Find God's Help* (Lima, Ohio: Fairway Press, 1991), p. 9.