

# Find Hope

Epidemic of Hopelessness

You know what I wish would go viral around the world...Human decency!

## Intro

- My first 12 years of life growing up in Idaho you are just trying to not Die
- We get worried about kids playing video games today let me tell you about the average life of an Idaho kid when I grew up
  - 12 years old camping on a mountain with coyotes
  - Playing Lawn Darts / Knife Throwing / Bow shooting / jumping off the roof of the tallest home into snow
- But eventually you grow up and you have responsibility and possibly a family
- And problems become bigger because you don't have parents to fix everything for you.

**Me:** Over the past 35 years SINCE SURVIVING IDAHO I at times have experienced loss, frustration, anger and on several occasions depression. Some situations were caused by me, some caused by others and some were things that just happen in life. No ones fault but still had to endure and suffer through. I had to battle to keep my head up and my feet moving forward.

**We:** I bet you have experienced similar feelings in life. In fact we all have or will

- We all go through tough times

**Don't let pain define you, let it refine you.**

- Maybe you are saying, "Why Me?" Why do I have to go through this?"
- **Quote from lord of the rings**, I wish it need not have happened in my time," said Frodo. "So do I," said Gandalf, "and so do all who live to see such times. But that is not for them to decide. All we have to decide is what to do with the time that is given us.

- The reality is that we are all on a journey.

## **The question is which direction is your journey going**

- **The good news is that we always have HOPE!**

**HOPE:** *A feeling of expectation and desire for GOOD things to happen. Definition of*

*Hope: is to look on the future positively, to see opportunity in challenges*

### **Benefits of Hope**

- Helps support mental strength and happiness
- Make you wake up feeling positive.
- Helps you control your emotions
- Boosts your immune system
- Improves general health
- Reduces stress
- Reduces joint pain (pessimism causes stress which makes us hold the body in ways that produce pressure, worsening joint pain)
- Improves respiration
- Is essential for creating self-worth
- Reduces anxiety
- Improves social relationships
- Motivates positive action that leads to real-life success.
- *Makes you happy*

### **Evidence**

Students with high levels of optimism are more likely to succeed at school, more likely to have high-quality friendships, and less likely to suffer anxiety and depression.

- **The bad news is that hope will not just drop out of the sky and fall on you**
- **It is something that must be FOUND!**
- **Notice I said FIND hope not FIGHT for hope.**
- **There are times in our lives when we feel like all is lost, God is not speaking what am I going to do?**

- In 1965 Martin Seligman "discovered" **learned helplessness**. He found that when animals are subjected to difficult situations they cannot control, they stop trying to escape. They become passive.
- Humans are not different: We all eventually reach a breaking point and can easily become passive or give up.
  - People say, "I have had it". "I give up". "I am not trying anymore" "I have done everything I can"
- But Shutting down and just surviving is no way to live but I totally understand why they say this

## **When you feel hopeless, it is difficult to take any steps toward change.**

- So instead of Fighting we Are Finding HOPE

**FIND:** *Must search, it is hidden.*

**1st:** Hope for me personally so I can be healthy

**2nd:** For others: I am to be a reflector of hope to others.

We all have to determine if we are going to live a life that is HopeLESS or one that is HopeFULL. You choose which one and you live your choice.

## **Stats**

After decades of improvements in the age that people live to, we have see a decline an people are beginning to die at earlier ages. One of the reasons is an EPIDEMIC OF HOPELESSNESS.

**Isaiah 40:31NIV** "but those who hope in the Lord, will renew their strength.They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

- BUT: I am depressed BUT those who hope, I am getting a divorce BUT, I am sick BUT, I am a financial wreck BUT those.

## Action Steps

### #1. Get rid of pathways to negativity

- We have to find ways towards hope (Even when we don't feel like going)
- *Hope means hoping when things are hopeless, it is not strength to have hope when things are going well. It is only when everything is hopeless that hope begins to be a strength.* -G. K. Chesterton,
- Listen, read and watch things that are leading you to HOPE. Things that are beneficial to you. (Example: My son trey on our podcast said that he missed out on school when he was younger cause he didn't care, but now he is constantly listening to podcast in order to learn and make up for lost time.)

Always find time for the things  
that make you feel happy to be alive.

### 2. Declare where you are going!

- Don't keep living where you are
- Hope is declaring what you don't see but believing for it

If you don't like something, change it.  
If you can't change it, change your attitude.

*Maya Angelou*

### **3. Look for Purpose Everyday**

- Look for God's purpose "Big Overall plan"
- Look for purpose everyday. "The Small daily plan."
- Look for a way to be beneficial
- Look for where you can help out. Don't just do what you want to do.

### **4. Let your hope not your Hurts shape your future**

- You have to frame your life with the right perspective
- Feelings are not Facts! They are indicators and can be wrong!
- Feelings can derail our purpose/Hope by

Romans 15:13 TPT, "Now may God, the inspiration and fountain of hope, fill you to overflowing with uncontainable joy and perfect peace as you trust in him. And may the power of the Holy Spirit continually surround your life with his super-abundance until you radiate with hope!"

Story: Little Red soccer player guarding me

For a star to be born,  
there is one thing that must happen:  
a gaseous nebula must collapse.

So collapse.  
Crumble  
This is not your destruction.

This is your birth.

*Tim Fargo*

Difficult roads often lead to beautiful destinations