



## Biblical Hope

Biblical hope is different from optimism, enduring even in the most difficult of circumstances. While optimism is based on the belief that things will work out for the best, biblical hope is based on God's unchanging character and promises.

Reflecting on Bob Lenz's message, how did the message help you better understand the meaning of biblical hope?

Read: [Psalm 62](#)

In Psalm 62, David is surrounded by murderous enemies. Though he had little reason to cling to hope, David still was able to say, "My hope comes from God." David, like many other people in the Bible, faced difficult times with no evidence that things would get better, but they chose hope anyway.

What problem was David up against, and how did he respond? What problems are you facing today? How will you respond?

Notice how David repeated the word "only." What do you think the significance of that is? What other things do people tend to put their hope in besides God (see 62:9-10)?

Review verse 11-12. What do you think would change in your life if you believed this without any doubts? How do the truths in verses 11-12 help you put your hope in God?

Read: [Romans 8:20-21](#)

Last week, we read these same verses. This week, we're going to go a little deeper.

Who do you think the “one” is that subjected creation to frustration? What do you think the “frustration” is?

How do you think God is using the bondage of the punishment for the original sin to liberate us from bondage to decay?

## **Act it Out**

This week, take a look at the sources of spiritual decay in your own life. Name them. Then, take time to meditate on [Psalm 62:8](#).

## **Pray**

God, please help me to see the areas of my life where I am clinging to worldly desires that are producing spiritual decay in my life. Please help me to find release from this bondage and hope in your boundless, freeing grace. Amen.