



## Is Your Hope Real?

**Ephesians 1:18:** (NASB) *I pray that the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints...*



It has been said that humans can survive without lots of things for extended periods of time, but the one thing they cannot survive without is hope. What is hope? Where in this world can we find hope that is based in reality and grounded expectation, rather than hope that is based in our own personal preferences? Is there a universal hope for everyone, or does each individual create their own destiny and therefore build their own hope?

### What is hope?

 **One drop of water, *Born of Hope* (online movie, a prequel to *Lord of the Rings*), [www.youtube.com](http://www.youtube.com)**

*One drop of water, of blood, and then another, can become a ripple, a river, the rising torrent, unstoppable, which in time breaks down all resistance to flow free once again on its journey to its destiny.*

True hope has the capacity to start from something very small and become something very large.

Hope means, "a desire accompanied by expectation of or belief in fulfillment."

**HOPE = Desire + Expectation**

**Biblical definition of hope:**

**Hope:** Strongs #1680 elpis (el-pece'); expectation (abstractly or concretely) or confidence KJV-- faith, hope.

**Hebrews 11:1:** (NKJV) *Now faith is the substance of things hoped for, the evidence of things not seen.*

 **Diet and red wine, Hope for Immortality, FoxO gene, [ratemyscience.com](http://ratemyscience.com)**

- In fact, scientists have been tinkering in the lab trying to extend life for a long time. They've come up with a couple of things that do work in animals. Calorie restriction, for instance. Basically putting an animal on a diet seems to kick in a survival response and helps it live longer. And they found a substance in red wine that has a similar effect.*

**Foundations of a true hope:**

**Titus 1:1-2:** (NKJV) <sup>1</sup>Paul, a bondservant of God and an apostle of Jesus Christ, according to the faith of God's elect and the acknowledgment of the truth which accords with godliness, <sup>2</sup>in hope of eternal life which God, who cannot lie, promised before time began...

**Hebrews 6:13-20:** (NRSV) <sup>13</sup>When God made a promise to Abraham, because he had no one greater by whom to swear, he swore by himself, <sup>14</sup>saying, I will surely bless you and multiply you. <sup>15</sup>And thus Abraham, having patiently endured, obtained the promise. <sup>16</sup>Human beings, of course, swear by someone greater than themselves, and an oath given as confirmation puts an end to all dispute. <sup>17</sup>In the same way, when God desired to show even more clearly to the heirs of the promise the unchangeable character of his purpose, he guaranteed it by an oath, <sup>18</sup>so that through two unchangeable things, in which it is impossible that God would prove



false, we who have taken refuge might be strongly encouraged to seize the hope set before us. <sup>19</sup>We have this hope, a sure and steadfast anchor of the soul, a hope that enters the inner shrine behind the curtain, <sup>20</sup>where Jesus, a forerunner on our behalf, has entered, having become a high priest forever according to the order of Melchizedek.

God was so intent for Abraham to believe Him that He used His own name as collateral. We are to seize this hope and hold on tight! It is like a life preserver in a massive ocean.

Elements of the above-stated hope:



- God's promise,
- The *unchangeable* character of His purpose,
- It is *impossible* that God would prove false,
- We who have taken refuge might be strongly encouraged to seize the hope set before us, and
- We have this hope, a sure and steadfast anchor of the soul



How are hopes and wishes different?

A hope is NOT a Wish!

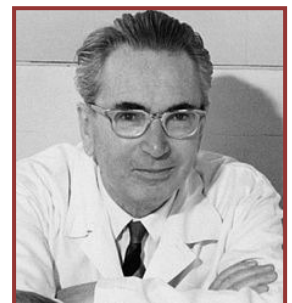


**Wish:** to have a desire for (as something unattainable), such as, "...he wished he could live his life over."

**Youth's search/man's search for meaning, Viktor Frankl (1972 lecture)**

Viktor Frankl (1905-1997) was an Austrian neurologist, psychiatrist and Holocaust survivor.

- You know what the top category was? 78 percent of these American youngsters were concerned, as they expressed it, finding a meaning and purpose in their lives. So this is a realistic view of man.



We are looking for something of value to reach towards.

**Wrong hopes:**

Job 31:24-28: (NRSV) <sup>24</sup>If I have made gold my trust, or called fine gold my confidence; <sup>25</sup>if I have rejoiced because my wealth was great, or because my hand had gotten much; <sup>26</sup>if I have looked at the sun when it shone, or the moon moving in splendor, <sup>27</sup>and my heart has been secretly enticed, and my mouth has kissed my hand; <sup>28</sup>this also would be an iniquity to be punished by the judges, for I should have been false to God above.

Our hope is not to be in gold, wealth, and what we have. Our hope is to be in God and God alone.



## Microscopic worms, Hope for Immortality, FoxO gene, [ratemy-science.com](http://ratemy-science.com)

- *Cynthia Kenyon thinks she may have found one of the keys to a long life in a tiny, nearly microscopic worm called *C. elegans*. (*Caenorhabditis elegans*)*
- *"The good thing about these little guys is that they live and die in a little over two weeks."*



### Here is a scriptural example of the difference between a wish and a hope:

**Acts 8:14-9:** (NASB) <sup>14</sup>Now when the apostles in Jerusalem heard that Samaria had received the word of God, they sent them Peter and John, <sup>15</sup>who came down and prayed for them that they might receive the Holy Spirit. <sup>16</sup>For He had not yet fallen upon any of them; they had simply been baptized in the name of the Lord Jesus. <sup>17</sup>Then they began laying their hands on them, and they were receiving the Holy Spirit. <sup>18</sup>Now when Simon saw that the Spirit was bestowed through the laying on of the apostles' hands, he offered them money, <sup>9</sup>saying, Give this authority to me as well, so that everyone on whom I lay my hands may receive the Holy Spirit.

...Isn't this how wishes work? You see something you want, and you desire it without doing any of the necessary work to receive it!

**Acts 8:20-23:** (NASB) <sup>20</sup>But Peter said to him, May your silver perish with you, because you thought you could obtain the gift of God with money! <sup>21</sup>You have no part or portion in this matter, for your heart is not right before God. <sup>22</sup>Therefore repent of this wickedness of yours, and pray the Lord that, if possible, the intention of your heart may be forgiven you. <sup>23</sup>For I see that you are in the gall of bitterness and in the bondage of iniquity.

Simon wanted to buy this power to use as magic tricks. He was looking at Christianity in the wrong way - you can't buy spirituality or blessings. They are not for sale. We see a lot of Christianity around us today that is so monetarily-based. The hope of Christianity is much bigger than that. It is both internal and eternal. Christianity has nothing to do with "stuff." So if that is your hope, it is actually just a wish.

Hope, therefore, is a much more difficult and serious proposition. It requires aligning one's self with the end result of the hope that we have.

The things of this world are not all bad and useless, but they have to be kept in their right perspective.

### What makes hope real?

 **Hope, *The Hunger Games*, (2012 Movie)**

- *Why do you think we have a winner?*
- *What do you mean?*
- *I mean, why do we have a winner? Hope. Hope is the only thing stronger than fear. A little hope is effective. A lot of hope is dangerous. A spark is fine, as long as it's contained. So contain it!*

We see this as a satanic perspective to hope. Satan does not want us to have enough hope to change things.



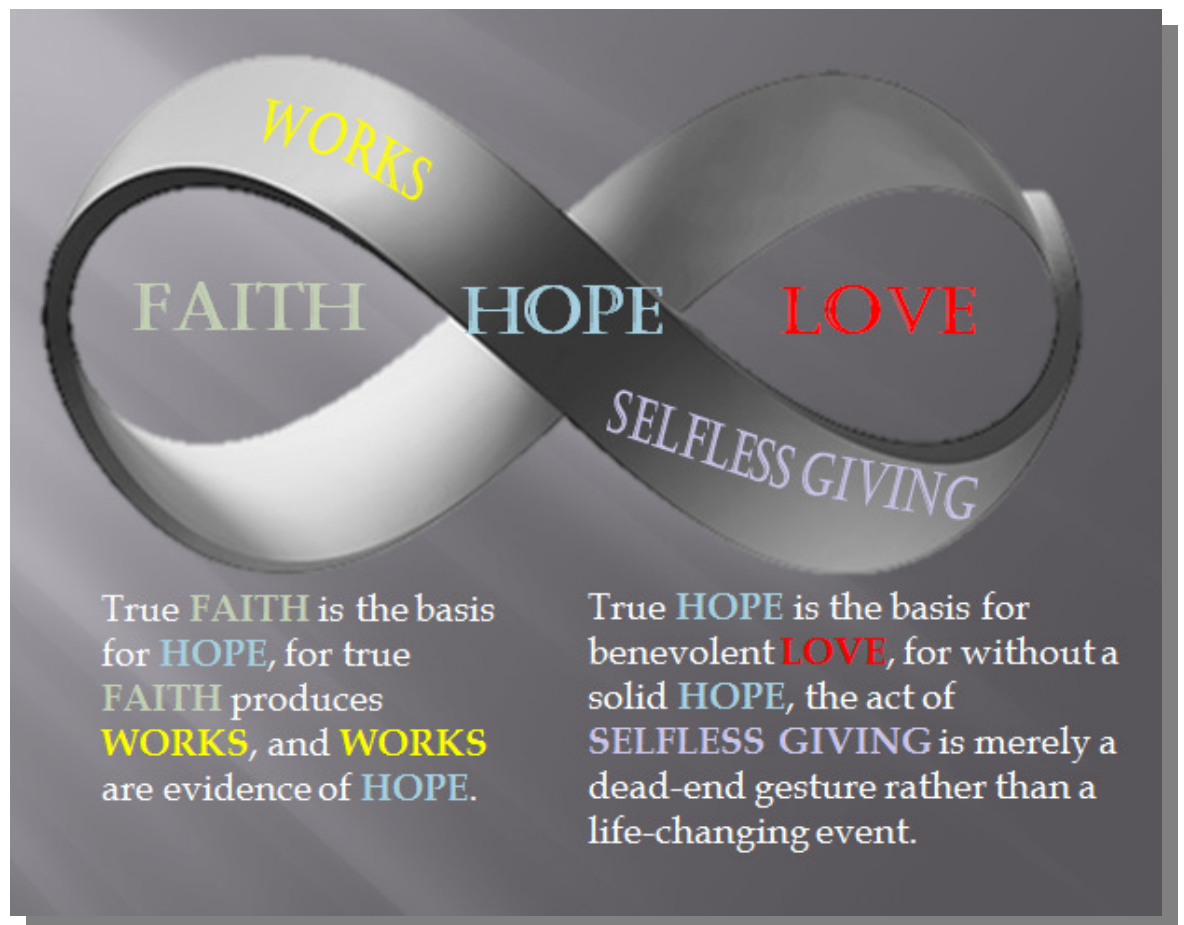
### Hope must be part of a much larger perspective to be real:

**James 2:18-20:** (NRSV) <sup>18</sup>*But someone will say, You have faith and I have works. Show me your faith apart from your works, and I by my works will show you my faith.* <sup>19</sup>*You believe that God is one; you do well. Even the demons believe—and shudder.* <sup>20</sup>*Do you want to be shown, you senseless person, that faith apart from works is barren?*

Notice even the demons have faith - they know God is true, but they have no hope in that faith. We can believe something to be true, but there must be hope in that truth. What do we do with that belief? How do we make hope real so that it is as strong as our faith?

### Maturity makes hope real:

**1 Corinthians 13:11-13:** (NASB) <sup>11</sup>*When I was a child, I used to speak like a child, think like a child, reason like a child; when I became a man, I did away with childish things.* <sup>12</sup>*For now we see in a mirror dimly, but then face to face; now I know in part, but then I will know fully just as I also have been fully known.* <sup>13</sup>*But now faith, hope, love, abide these three; but the greatest of these is love.*



Hope is the centerpiece of faith and love.



Let's get back to the "hope" people are putting in microscopic worms...

🔊 **Changed one gene, Hope for Immortality, FoxO gene, [ratemyscience.com](http://ratemyscience.com)**

- *So this is the normal worm when it is young. It's a nice, spritely worm. Now I'm going to show you the same kind of worms just two weeks later when they are old. In a normal worm, you can see that it is about to die. It is slow moving. Now I'm going to show you worms that look much younger, even though they are the same age. They are wriggling about just like the other ones! So they are like 90-year old people who look 45. So what's different about these? We've changed one gene!*

They are looking for, and are very excited about, the hope of extended life through science.

### Living your faith makes hope real - here are the ingredients for a Hope Recipe:

**Romans 5:1-5:** (NASB) <sup>1</sup>Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, <sup>2</sup>through whom also we have obtained our introduction by faith into this grace in which we stand; and **we exult in hope of the glory of God.** <sup>3</sup>And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; <sup>4</sup>and perseverance, proven character; and proven character, hope; <sup>5</sup>and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit which was given to us.

**Verses 1-2:** These are some of the things that drive us:

- Justification (meaning "made right") by faith brings us peace with God through Jesus. In such a world as this, peace with God is a very good thing!
- Peace with God brings access to God's grace. We can rely on something bigger than our circumstances.
- God's grace brings us the *opportunity* to exult the hope of God's glory! This was one of the promises given to the followers of Jesus, that the followers would be like him.

**Verses 3-5:** How do we turn the opportunity into a reality?

- Because of the spiritual promises, we now *know* tribulation brings perseverance.
- Perseverance brings proven character.
- Proven character brings HOPE.
- This hope lives up to expectation because it is driven by God's love and Spirit! It comes through our development and transformation to become more Christ-like.



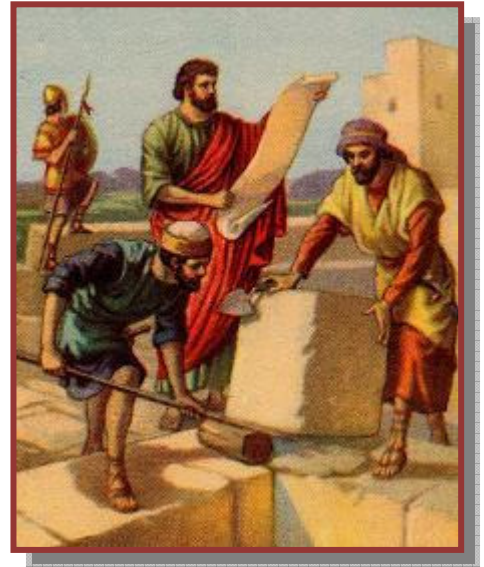
## Where can we find hope in action?

Heroes among us, miracles around us, [grizzlyadams.com](http://grizzlyadams.com)

- *The threads of history are woven together with stories that inspire and amaze mankind. They are stories of heroes and miracles. For centuries, they have given man something to hope and strive for, the stuff of which dreams are made.*

We are going to start introducing the story of Nehemiah, who demonstrated hope in action, or better yet, whose hope was defined by action:

Nehemiah was a descendant of the Jewish population that had been taken captive to Babylon in 587-586 B. C. In 539 B. C. Cyrus the Persian gained control over all of Mesopotamia. He permitted the Jewish exiles to return to the city of Jerusalem. Nearly a century later, in Nehemiah's time, the Persian ruler was Artaxerxes Longimanus (ruled 465-424 BC). Nehemiah was his personal cupbearer.



Let's quickly check back in with science before we rejoin Nehemiah:

DNA and FoxO, Hope for Immortality, FoxO gene, [ratemyscience.com](http://ratemyscience.com)

- *Kenyan changed one gene in the worm. Genes are made of DNA - long strings of four chemicals, best known by their initials, A, C, G, and T. Together they form the basis of all life on earth. Kenyan found that there was a gene which scientists call FoxO, which had a central role in keeping her worms freakishly youthful. What FoxO does is it helps the animal to protect and repair its tissue.*

Nehemiah had received word of just how broken down the walls of Jerusalem were, and he was completely distraught. He labored in prayer over the matter and carried this matter as a personal burden, continually bringing it before God.

**Nehemiah 2:1-6:** (NASB) <sup>1</sup>And it came about in the month Nisan, in the twentieth year of King Artaxerxes, that wine was before him, and I took up the wine and gave it to the king. Now I had not been sad in his presence. <sup>2</sup>So the king said to me, Why is your face sad though you are not sick? This is nothing but sadness of heart.

The King knew Nehemiah well and was genuinely interested in his wellbeing.

Then I was very much afraid. <sup>3</sup>I said to the king, Let the king live forever. Why should my face not be sad when the city, the place of my fathers' tombs, lies desolate and its gates have been consumed by fire?

Nehemiah, though a very humble servant of the king, was bold enough to be completely honest.

<sup>4</sup>Then the king said to me, What would you request? So I prayed to the God of heaven.



Notice his first response was not to make the request...it was first to pray *and then* make the request. Nehemiah's continual prayers over Jerusalem had given him great hope. Now this hope was given great opportunity, so he prayed as he plunged through an open door. His hope was founded in his own faith and not in his own intellect or desires.

<sup>5</sup>I said to the king, *If it please the king, and if your servant has found favor before you, send me to Judah, to the city of my fathers' tombs, that I may rebuild it.* <sup>6</sup>Then the king said to me, *the queen sitting beside him, How long will your journey be, and when will you return? So it pleased the king to send me, and I gave him a definite time.*

Nehemiah's hope was so firm that he had pre-thought all that would need to be done to repair Jerusalem, so when the opportunity came, he already knew all the details!

Nehemiah 2:7-8:(NASB) <sup>7</sup>*And I said to the king, If it please the king, let letters be given me for the governors of the provinces beyond the River, that they may allow me to pass through until I come to Judah,* <sup>8</sup>*and a letter to Asaph the keeper of the king's forest, that he may give me timber to make beams for the gates of the fortress which is by the temple, for the wall of the city and for the house to which I will go. And the king granted them to me because the good hand of my God was on me.*

Hope knows reality and lives within it, no matter how deep the darkness, for the eyes of hope are on the future!

### Can we test the strength of our hope?

 **What man can be, Viktor Frankl (1972 lecture)**

- *If we seem to be idealists and are over estimating, over rating man and looking at him that high up, you know what happens? We promote him to what he really can be. So we have to be idealist in a way, because then we wind up as a true realist. If we take man as he is we make him work, but if we take man as he should be, we make him capable of becoming what he can be.*

### Our hope is strong when it is truly recognized and therein lies meaning!

Ephesians 1:18-19: (NASB) <sup>18</sup>*I pray that the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints,* <sup>19</sup>*and what is the surpassing greatness of His power toward us who believe. These are in accordance with the working of the strength of His might.*

Do we have *the hope of His calling*? Hope is the expression and actions of our faith. It causes us to live, act and speak differently. Our hope has strength when we recognize it and it changes our perspective.

### Our hope should lift our perspective beyond the moment of difficulty:

1 John 3:1-3: (NRSV) <sup>1</sup>*See what love the Father has given us, that we should be called children of God; and that is what we are. The reason the world does not know us is that it did not know him.* <sup>2</sup>*Beloved, we are God's children now; what we will be has not yet been revealed. What we do know is this: when he is revealed, we will be like him, for we will see him as he is.* <sup>3</sup>*And all who have this hope in him purify themselves, just as he is pure.*

All who have this hope purify themselves. It should change the way we act. We should tell ourselves, "I believe these things will happen, so here is what I'm doing about it," just like Nehemiah. Hope is faith in action!



## Our hope should guide us in faith to the unseen:

**Hebrews 11:8-10:** (NRSV) <sup>8</sup>By faith Abraham obeyed when he was called to set out for a place that he was to receive as an inheritance; and he set out, not knowing where he was going. <sup>9</sup>By faith he stayed for a time in the land he had been promised, as in a foreign land, living in tents, as did Isaac and Jacob, who were heirs with him of the same promise. <sup>10</sup>For he looked forward to the city that has foundations, whose architect and builder is God.

Abraham left his home without knowing where he was going. He had hope in the future even though he did not know what the future would hold. He knew it would work out according to God's will.

### Building superintendent, Hope for Immortality, FoxO gene, [ratemyscience.com](http://ratemyscience.com)

- *The reason that it can do it is this one gene controls a lot of other genes. FoxO is a master control gene, meaning it regulates hundreds of other genes - genes that have a profound effect on the worms' health.*
- *You can think of it as a superintendent of the building. So if you have a nice big building, obviously it has to be maintained. What FoxO does is keep the building in good working order. The building superintendent would hire workers to do these different things. What FoxO does in the cell is it switches on other genes.*
- *Those worker genes do jobs like enhancing the immune system and protecting the cells from bacterial infection. Some of these genes that protect the cell are proteins that will kill invading microorganisms. Others are switched on that are anti-oxidant genes. Kind of like a rust inhibitor for a cell.*

## Our hope is strong when it narrows and focuses our objective:

**Philippians 3:10-14:** (NRSV) <sup>10</sup>I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, <sup>11</sup>if somehow I may attain the resurrection from the dead. <sup>12</sup>Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. <sup>13</sup>Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, <sup>14</sup>I press on toward the goal for the prize of the heavenly call of God in Christ Jesus.

## Our hope is strong when it provokes great self-discipline:

**1 Corinthians 9:24-27:** (NRSV) <sup>24</sup>Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. <sup>25</sup>Athletes exercise self-control in all things; they do it to receive a perishable wreath, but we an imperishable one. <sup>26</sup>So I do not run aimlessly, nor do I box as though beating the air; <sup>27</sup>but I punish my body and enslave it, so that after proclaiming to others I myself should not be disqualified.

The Apostle Paul demonstrates that our Christian hope isn't, "I'm saved, so I am done now."

## Our hope is strong when we are lifted above the concerns of daily life:

**Matthew 6:31-33:** (NASB) <sup>31</sup>Do not worry then, saying, What will we eat? or What will we drink? or What will we wear for clothing? <sup>32</sup>For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. <sup>33</sup>But seek first His kingdom and His righteousness, and all these things will be added to you.

We aren't to ignore our earthly needs, but we should not have undue anxiety over them either. If we are focused on doing His will, God will take care of us. This goes beyond just going to church on Sunday and is following in the footsteps of Christ.





A caller suggested: **Romans 4:18**: *He believed, hoping against hope, that he would become the father of many nations. Anyone can hope things get better. Christian hope is different because it knows things are better. We hope in faith and that hope is part of God's plan. **Luke 22:5**: This man was righteous and devout, awaiting the consolation of Israel and the Holy Spirit was upon him. Jesus is the currency of our hope. Our debt is paid. With him, we can overcome sin, build the kingdom and know life forever. **Hebrews 6:19-20**: This we have as an anchor of the soul, sure and firm, which reaches into the interior, behind the veil where Jesus has entered.*

### What is the last best hope for the world?

 (Repeated) Hope, *The Hunger Games*, (2012 Movie)

- Why do you think we have a winner?
- What do you mean?
- I mean, why do we have a winner? Hope. Hope is the only thing stronger than fear. A little hope is effective. A lot of hope is dangerous. A spark is fine, as long as it's contained. So contain it!

For Satan to remain in power, mankind cannot have hope in God beyond a small amount that is contained. Is the best hope for mankind through science and the FoxO gene? Is it looking at history so we don't repeat history? Through education of the masses? No...

### Our hope is the last best hope for the world!

**1 Timothy 4:10**: (KJV) *For therefore we both labour and suffer reproach, because we trust in the living God, who is the Saviour of all men, specially of those that believe.*

Trusting in the living God is the source of the best hope of the world.

**1 John 2:2**: (NIV) *He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.*

There is a hope in the Scriptures for not only believers, but also the "everybody else," or unbelievers.

### Biblical prophecy is hope. It gives us a glimpse of the future through the eyes of God.

**Micah 4:1-5**: (KJV) <sup>1</sup>*But in the last days it shall come to pass, that the mountain of the house of the LORD shall be established in the top of the mountains, and it shall be exalted above the hills; and people shall flow unto it. <sup>2</sup>And many nations shall come, and say, Come, and let us go up to the mountain of the LORD, and to the house of the God of Jacob; and he will teach us of his ways, and we will walk in his paths: for the law shall go forth of Zion, and the word of the LORD from Jerusalem.*

This is obviously a set of events that are to occur on earth! When God puts a prophecy in place, it means it is going to happen.

<sup>3</sup>*And he shall judge among many people, and rebuke strong nations afar off; and they shall beat their swords into plowshares, and their spears into pruninghooks: nation shall not lift up a sword against nation, neither shall they learn war any more.*

Here, one of the great hopes of mankind is actually addressed and fulfilled - no more war!



<sup>4</sup>But they shall sit every man under his vine and under his fig tree; and none shall make them afraid: for the mouth of the LORD of hosts hath spoken it. <sup>5</sup>For all people will walk every one in the name of his God, and we will walk in the name of the LORD our God for ever and ever.

Here is another great hope of mankind - life without fear and life with enough!

 Same gene in people, hope for immortality, FoxO gene, [ratemyscience.com](http://ratemyscience.com)

- *Kenyan tweaked one gene in the worms and made FoxO more active. With a more active superintendent, the cells became more resilient than normal, and Kenyan's worms lived twice as long. If there is one gene that dramatically increases life span in worms, using these samples they tested five genes that had already been shown to help animals live longer to see if any of them would extend human life as well.*
- *Based on that list, we found one gene that was head and shoulders above everything else, and that was the FoxO gene.*
- *The FoxO gene! That's right! The same superintendent gene that helped double the life of Cynthia Kenyon's worms.*

**Revelation 21:3-4:** (NASB) <sup>3</sup>And I heard a loud voice from the throne, saying, Behold, the tabernacle of God is among men, and He will dwell among them, and they shall be His people, and God Himself will be among them, <sup>4</sup>and He will wipe away every tear from their eyes; and there will no longer be any death; there will no longer be any mourning, or crying, or pain; the first things have passed away.

Science is laboring to extend human life. That is a wonderful quest. The Scriptures proclaim that this is already taken care of - it just has not yet come to pass. Whatever God decides to use, FoxO or not, will work to fulfill this promise.

When we have the hope through the written Scriptures that God gave us thousands of years ago, it puts things in a whole different perspective. We don't have to worry.

**Matthew 6:9-10:** (KJV) <sup>9</sup>After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. <sup>10</sup>Thy kingdom come. Thy will be done in earth, as it is in heaven.

Jesus gave us this prayer to give us HOPE!!! Think about what he is talking about - is God's kingdom yet on earth? No, but we have seen His will revealed in His prophecies that will take place on earth. This is not just a wish.

The Scriptures tell us unequivocally that this hope is for every man, woman and child on the face of the earth. There will be judgment and difficulty, but after that, there is great hope. Why do we believe it? Because the Bible says so.

*So is your hope real...?  
For Jonathan and Rick and Christian Questions...  
Think about it...!*

*And now even more to think about...  
only in the **Full Edition** of CQ Rewind*





## A bit more on living our hope...

### One text that zeroes in on the WHY of our hope:

**Isaiah 55:6-11:** (NRSV) <sup>6</sup>Seek the LORD while he may be found, call upon him while he is near; <sup>7</sup>let the wicked forsake their way, and the unrighteous their thoughts; let them return to the LORD, that he may have mercy on them, and to our God, for he will abundantly pardon. <sup>8</sup>For my thoughts are not your thoughts, nor are your ways my ways, says the LORD. <sup>9</sup>For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts. <sup>10</sup>For as the rain and the snow come down from heaven, and do not return there until they have watered the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, <sup>11</sup>so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and succeed in the thing for which I sent it.

It is because God is SO MUCH BIGGER than we are that we can have utter confidence in His Plan!

### A little bit more of the transforming power of the hope that we have - our hope should give us "grace under pressure:"

**Acts 16:16-33:** (NRSV) <sup>16</sup>One day, as we were going to the place of prayer, we met a slave-girl who had a spirit of divination and brought her owners a great deal of money by fortune-telling. <sup>17</sup>While she followed Paul and us, she would cry out, These men are slaves of the Most High God, who proclaim to you a way of salvation. <sup>18</sup>She kept doing this for many days. But Paul, very much annoyed, turned and said to the spirit, I order you in the name of Jesus Christ to come out of her. And it came out that very hour. <sup>19</sup>But when her owners saw that their hope of making money was gone, they seized Paul and Silas and dragged them into the marketplace before the authorities. <sup>20</sup>When they had brought them before the magistrates, they said, "These men are disturbing our city; they are Jews <sup>21</sup>and are advocating customs that are not lawful for us as Romans to adopt or observe. <sup>22</sup>The crowd joined in attacking them, and the magistrates had them stripped of their clothing and ordered them to be beaten with rods. <sup>23</sup>After they had given them a severe flogging, they threw them into prison and ordered the jailer to keep them securely. <sup>24</sup>Following these instructions, he put them in the innermost cell and fastened their feet in the stocks. <sup>25</sup>About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. <sup>26</sup>Suddenly there was an earthquake, so violent that the foundations of the prison were shaken; and immediately all the doors were opened and everyone's chains were unfastened. <sup>27</sup>When the jailer woke up and saw the prison doors wide open, he drew his sword and was about to kill himself, since he supposed that the prisoners had escaped. <sup>28</sup>But Paul shouted in a loud voice, Do not harm yourself, for we are all here. <sup>29</sup>The jailer called for lights, and rushing in, he fell down trembling before Paul and Silas. <sup>30</sup>Then he brought them outside and said, Sirs, what must I do to be saved? <sup>31</sup>They answered, "Believe on the Lord Jesus, and you will be saved, you and your household. <sup>32</sup>They spoke the word of the Lord to him and to all who were in his house. <sup>33</sup>At the same hour of the night he took them and washed their wounds; then he and his entire family were baptized without delay.

One more prophecy regarding hope - this one is especially important today - right now - as Israel is embroiled once again in major conflict.

**Ezekiel 37:1-5:** (NASB) <sup>1</sup>The hand of the LORD was upon me, and He brought me out by the Spirit of the LORD and set me down in the middle of the valley; and it was full of bones. <sup>2</sup>He caused me to pass among them round about, and behold, there were very many on the surface of the valley; and lo, they were very dry. <sup>3</sup>He said to me, Son of man, can these bones live? And I answered, O Lord GOD, You know. <sup>4</sup>Again He said to me, Prophecy over these bones and say to them, O dry bones, hear the word of the LORD. <sup>5</sup>Thus says the Lord GOD to these bones, Behold, I will cause breath to enter you that you may come to life.



**Ezekiel 37:11:** (NASB) *Then He said to me, Son of man, these bones are the whole house of Israel; behold, they say, Our bones are dried up and our hope has perished. We are completely cut off.*

**God promised them their land - He delivered it and will protect it!**

-----

(Source: Wikipedia) More on Viktor Frankl from Wikipedia including a startling personal example while a prisoner regarding finding and clinging to hope:

Viktor Emil Frankl, MD, PhD (26 March 1905 - 2 September 1997) was an Austrian neurologist and psychiatrist as well as a Holocaust survivor. Frankl was the founder of logotherapy, which is a form of existential analysis, the "Third Viennese School of Psychotherapy". His best-selling book, *Man's Search for Meaning* (published under a different title in 1959: *From Death-Camp to Existentialism*, and originally published in 1946 as *Trotzdem Ja Zum Leben Sagen: Ein Psychologe erlebt das Konzentrationslager*), chronicles his experiences as a concentration camp inmate which led him to discover the importance of finding meaning in all forms of existence, even the most sordid ones, and thus a reason to continue living. Frankl became one of the key figures in existential therapy and a prominent source of inspiration for humanistic psychologists.

An example of Frankl's idea of finding meaning in the midst of extreme suffering is found in his account of an experience he had while working in the harsh conditions of the Nazi's concentration camps:

We stumbled on in the darkness, over big stones and through large puddles, along the one road leading from the camp. The accompanying guards kept shouting at us and driving us with the butts of their rifles. Anyone with very sore feet supported himself on his neighbor's arm. Hardly a word was spoken; the icy wind did not encourage talk. Hiding his mouth behind his upturned collar, the man marching next to me whispered suddenly: "If our wives could see us now! I do hope they are better off in their camps and don't know what is happening to us."

That brought thoughts of my own wife to mind. And as we stumbled on for miles, slipping on icy spots, supporting each other time and again, dragging one another up and onward, nothing was said, but we both knew: each of us was thinking of his wife. Occasionally I looked at the sky, where the stars were fading and the pink light of the morning was beginning to spread behind a dark bank of clouds. But my mind clung to my wife's image, imagining it with an uncanny acuteness. I heard her answering me, saw her smile, her frank and encouraging look. Real or not, her look was then more luminous than the sun which was beginning to rise.

A thought transfixed me: for the first time in my life I saw the truth as it is set into song by so many poets, proclaimed as the final wisdom by so many thinkers. The truth - that love is the ultimate and the highest goal to which man can aspire. Then I grasped the meaning of the greatest secret that human



poetry and human thought and belief have to impart: *The salvation of man is through love and in love.* I understood how a man who has nothing left in this world still may know bliss, be it only for a brief moment, in the contemplation of his beloved. In a position of utter desolation, when man cannot express himself in positive action, when his only achievement may consist in enduring his sufferings in the right way—an honorable way—in such a position man can, through loving contemplation of the image he carries of his beloved, achieve fulfillment. For the first time in my life I was able to understand the meaning of the words, "The angels are lost in perpetual contemplation of an infinite glory."

Frankl's concentration camp experiences thus shaped both his therapeutic approach and philosophical outlook, as reflected in his seminal publications. He often said that even within the narrow boundaries of the concentration camps he found only two races of men to exist: decent and unprincipled ones. These were to be found in all classes, ethnicities, and groups.

-----  
Finally, a few more quotes on hope!

"A baby is God's opinion that the world should go on." – [Carl Sandburg](#)

"In a world filled with hate, we must still dare to hope. In a world filled with anger, we must still dare to comfort. In a world filled with despair, we must still dare to dream. And in a world filled with distrust, we must still dare to believe." – [Michael Jackson](#)

"Fairy tales do not tell children the dragons exist. Children already know that dragons exist. Fairy tales tell children the dragons can be killed."  
– [G.K. Chesterton](#)