

The
HOPE
Spectrum
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Written and developed by



Where are you on the HOPE Spectrum?

Our emotions shift on a wide-ranging spectrum. The more recently your trauma or crisis has happened, the greater the feeling of heartache. Even after time passes, heartache may never truly disappear this side of heaven. Still, our prayer is that we move along the emotional spectrum toward hope. Take a look at the brief descriptions below and then examine the model on the next page, marking where on the spectrum you feel you are.

How will I survive? vs. How will I thrive?

Are you currently in survival mode, or have you moved past that into once again thriving? If you aren't quite there yet, have you positioned yourself for the day when thriving will be your reality?

Overwhelmed vs. Overcoming

Are you constantly in a state of feeling overwhelmed, or are you overcoming the negative emotions and thoughts associated with your circumstances and living in victory?

Paralysis vs. Power

Do you feel paralyzed, unable to make decisions (even easy ones), or are you exercising your power of choice? Do you feel like a victim of negative thinking, or are you taking your thoughts captive and making them obedient to Christ?

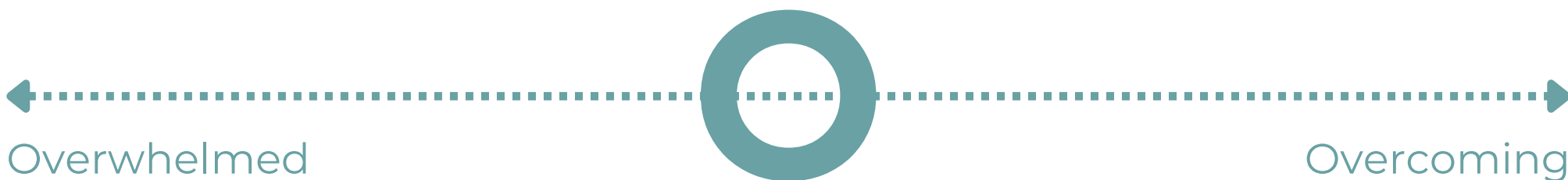
Expecting the worst vs. Eager for the best

Are you waiting for the other shoe to drop, or have you positioned yourself for the good work God will do through this trial? Are you believing that all is lost, or that all things work together for the good of those who love Him?

Where on this spectrum are you?

HOPELESS

HOPE-FULL



HOPELESS

If you marked yourself mostly on the left side of the spectrum, chances are you are in the thick of a crisis or heartache. This is when it seems the darkness will never go away, that nothing will ever be right again. This is the time to center yourself on TRUTH, going back to your foundation. If your foundation can't hold you up in times of trouble, then it's not strong enough to build your life upon. Seek the Lord! Ask for His wisdom and truth. He will answer!

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HOPE-FULL

If you marked yourself mostly on the right side of the spectrum, praise the Lord! You have experienced difficulty but are clinging to a HOPE far greater than anything this troubled world has to offer. The challenge for you is to position yourself to allow the Lord to use your experience, even your heartache, to bring hope and comfort to others who are going through similar circumstances. Where might He be leading you to step out in faith to bless others?

If you are hovering around the center of the spectrum, take heart. Perhaps your challenge is to find ways to educate yourself about your next steps. Are there practical things you need to know? Or do you need spiritual discernment and direction?

HOPE Cards

Use these verses to speak TRUTH and LIFE over your situation as you focus on the HOPE you have in Jesus. Print and cut out the cards, placing them where you will see them often. Challenge yourself to memorize as many as you can!

1 Corinthians 13:7

Love bears all things, believes all things, hopes all things, endures all things.

1 Timothy 4:10

For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.

1 Thessalonians 4:13

But we do not want you to be uninformed, brothers, about those who are asleep, that you may not grieve as others do who have no hope.

Hebrews 10:23

Let us hold fast the confession of our hope without wavering, for he who promised is faithful.

2 Thessalonians 2:16-17

Now may our Lord Jesus Christ himself, and God our Father, who loved us and gave us eternal comfort and good hope through grace, comfort your hearts and establish them in every good work and word.

1 Peter 1:13

Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.

Psalm 33:18

Behold, the eye of the Lord is on those who fear him, on those who hope in his steadfast love.

Psalm 71:14

But I will hope continually and will praise you yet more and more.

Psalm 147:11

But the Lord takes pleasure in those who fear him, in those who hope in his steadfast love.

Jeremiah 29:11

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

Romans 5:5

Hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

Romans 8:25

But if we hope for what we do not see, we wait for it with patience.

Romans 12:12

Rejoice in hope, be patient in tribulation, be constant in prayer.

Romans 15:13

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.