

# *Fit for Life*

## *Bible Study Devotional*

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## **HOPE**

Week Three

### **Definition:**

**“Hope”- “the expectation of future good”**

(Strong’s Concordance)

- “Hope”- 1. to wait; by implication, to be patient, hope; (causes to) stay, tarry, trust, wait, be pained.
2. Literally- a cord (as an attachment), figuratively- expectancy, hope, live, things that I live for.

### **Weekly Memory Verse:**

*“But I will hope continually,  
And I will praise You yet more and more.”  
-Psalm 71:14*

### **Food For Thought:**

The biblical definition of hope is to patiently wait for *what is expected*.  
Are you expecting good in your future?  
Are you patiently waiting?  
Are you expectantly tarrying for that thing that you long for?  
Where or in whom is your hope placed?  
Why do you hope in that thing or person?  
The journey that “hope” travels may not be easy, even painful,  
But hope is bound to expectancy.  
We can be assured of the outcome- our good. (Romans 8:28)  
God is faithful; He cannot lie.  
So we stand on His promises to us.

Week Three-HOPE

**A BLESSED, GREEN TREE**

Day One

***“Blessed is the man who trusts in the Lord,  
And whose hope is the Lord.  
For he shall be like a tree planted by the water,  
Which spreads out its roots by the river,  
And will not fear, when heat comes;  
But its leaf will be green,  
And will not be anxious in the year of drought,  
Nor will cease from yielding fruit.”***

***-Jeremiah 17:7-8***

Have you ever placed your hope in something or someone only to end up disappointed? Perhaps all of your expectations were left unfilled at best, and betrayed at worst. Maybe the experience was so upsetting that it has been difficult to totally trust anyone since. Instead of a tender heart with a child-like trust, yours is hardened and calloused with a wall of defense. A wounded heart that needs healing.

There is One who has claimed that one of His sole purposes in living was (and is) to heal the broken-hearted. The Truth and Love of Jesus can heal the deepest wounds and calloused scars. He is the One in whom we can safely and always place our trust. Because of His love for us we have a promise that our hope in Him will never be disappointed (Romans 5:5).

Was it the Lord in whom you were disappointed? He says that in Him we have the “yes” and “Amen” to everything we ask. Perhaps He did answer but the answer was not what we wanted. Could this have been the case?

Another aspect of having a tender heart is to continuously live in forgiveness. When we are wronged and choose not to forgive a root of bitterness grows up callusing our hearts. Only through choosing to forgive can we be vulnerable again to have a child-like trust to fully hope in someone.

When we believe on Christ, we will not be put to shame (Romans 9:33).

When our trust is in Him, expectantly hoping, He will never fail us. He alone is our Rock (Psalms 31:3).

When we run to Him for safety, He is our Fortress and Refuge (Psalms 62:8).

Do you feel like a dried-up, withered tree, ready to fall over? Or a green, flourishing tree with roots running deep, drinking from fresh water, and yielding fruit?

*Where is your hope placed today?*

If you have trouble trusting in the Lord, pour out your heart to Him. Tell Him, He already knows your words before they are formed on your tongue.

Remember: Only a mustard seed of faith is needed to produce one of the largest trees that grow (Matthew 13:31-32).

Is there someone that you need to forgive? Seek the Lord and see what He would have you do.

**Memory Verse:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Commitment:** "Today I will ..." \_\_\_\_\_

**Prayer:**

*"Father, thank you that you ask me to place my trust in you. Thank you that you are my Anchor, my Rock, my Fortress, and Refuge, and that in the midst of trouble I can have full confidence and hope in You. Cause your face to shine upon me this day. In Jesus' name, Amen."*

Week Three-HOPE

**HOPE IN HIS MERCY**

Day Two

**“He does not delight in the strength of the horse;  
He takes no pleasure in the leg of a man,  
The Lord takes pleasure in those who fear Him,  
In those who hope in His Mercy.”**

**-Psalms 147:10-11**

Are you hoping in the Lord to help you on this journey of weight loss? Or are you relying on your strength? Or your will power? Or in the secret of your “diet”? The Lord takes *pleasure* in us when we hope in His mercy. He knows that we need help. Do we? Are you hoping (remember our definition) in His mercy?

If you have a few weeks that you are gaining weight or have hit a “plateau”, don’t be discouraged! First of all that is quite natural, and even though you may be moving three steps forward and one back, you are still moving forward! Don’t be tempted to revert back to an old-weight loss scheme that was only a temporary fix. He will help you. Even now He is working in you and changing you. Everything that happens to you, He is working for your good. He is making changes in you for a lasting victory.

Describe in what ways you have already changed since you have begun this study.

In your body- \_\_\_\_\_

\_\_\_\_\_

In your eating habits- \_\_\_\_\_

\_\_\_\_\_

In your attitudes- \_\_\_\_\_

\_\_\_\_\_

In your understanding- \_\_\_\_\_

\_\_\_\_\_

Name a specific blessing that God has given you, which you did not deserve. \_\_\_\_\_

\_\_\_\_\_

*Thank Him for His mercy!*

**Memory Verse:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Commitment:** "Today I will..." \_\_\_\_\_

\_\_\_\_\_

*Week Three-HOPE*

## **A TREE OF LIFE**

*Day Three*

***“Hope deferred makes the heart sick, but when the desire comes, it is a tree of life.”***

***-Psalms 13:12***

Biblical definitions:

**Hope** – “expectation”

**Deferred** – “to prolong, delay, remove”

**Desire** – “a longing, by implication a delight, exceedingly desire, greedily desire, lust”

**Life** – “alive, raw (flesh), fresh, strong”

Now reread the above scripture in the light of the expanded meaning.

This is a wonderful verse, rich in content and promise. Let us see how we can apply it to our present situation.

From the definition of “faith” (Hebrew 11:1), we can see that “hope” and “faith” are related enough as to be synonymous. When our hope is deferred, that means that our faith is not at work. Faith has been put off, delayed, or yielded. Now picture a person without hope or faith. From the action in their lives and expression on their faces, it is easy to see that they are on a steady decline of depression and despair. And who can bear a broken spirit? (Proverbs 18:14)

They do not have hope and their heart is made sick.

Hope is in the blossom of faith. Hope makes our days brighter and our hearts lighter. He who has hope blossoming in their hearts can move mountains even when confronted with opposition.

The second part of Proverbs 13:1 reads, **“But when the desire comes it is a tree of Life”**. Notice that the desire itself grows in us fresh and strong. Whatever is “longed for” has not been realized. Yet because of faith and trust in the One who will bring it to pass, hope waits and tarries patiently.

We are told that Abraham was strengthened in faith as he waited for the Lord to bring about His promise. (Romans 4:20) He did not consider that physical circumstances spoke contrary to God’s promise. He was “fully convinced” that what God has promised, He also was able to perform. Hope was a tree of life in his soul.

What is the desire that you long for? \_\_\_\_\_

\_\_\_\_\_

Is this desire from the Lord? Is it His will for you? \_\_\_\_\_

How long have you patiently tarried for this desire?

\_\_\_\_\_

How long are you willing to wait?

\_\_\_\_\_

Has your soul been a tree of life or has your heart been sick?  
Explain. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Memory Verse:** \_\_\_\_\_

\_\_\_\_\_

**Promise:** *“This is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.”*  
*-1John 5:14-15*

**Commitment:** “Today I will...” \_\_\_\_\_

\_\_\_\_\_

Week Three-HOPE

**HOPE IS PATIENT**

Day Four

***“But If we hope for what we do not see,  
Then we eagerly wait for it with perseverance.”  
-Romans 8:25***

**Read Psalm 33:18-22**

The very definition of the word “hope” is “to expect”. If we already have what we hope for, then there is no reason to hope! That is easy to understand. If we are hoping for something to come about then we can wait with patience, because we know that it will come. Are you full of hope that you will lose that extra weight?

Does the hope in you produce perseverance to see it through till the end?

Do you have patience to do what you need to do to bring this to pass?

**Suggestion:** Take time today to journal- include your hopes, desires, goals, and any fears.

**Memory Verse:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Commitment:** “Today I will...” \_\_\_\_\_  
\_\_\_\_\_

**Affirmation:** “I hope in the Lord.”

Week Three-HOPE

## **LABORING WITH HOPE**

Day Five

***“But thanks be to God, who gives us the victory through our Lord Jesus Christ! Therefore, my beloved brethren, be steadfast immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord.”  
-1Corinthians 15:57-58***

Imagine a servant working in farm fields. The farmer has laid out the responsibilities for the slave to follow through. As long as this servant obeys those commands, it will go well with him. His master will see to it that he prospers for his faithful diligence. Whether or not the crop has a low selling price is not the slave’s concern; it is the landowner’s. Whether or not a hailstorm comes and destroys the crops is not the servant’s immediate concern. His master will still make certain that his physical needs-food, clothes- are met. Though the laboring servant has an integrated role in the outcome of the profits of the crop, ultimately the landowner is the coordinator for success.

This may be a sketchy analogy, but imagine yourself as this servant-a hard-working farmer serving the Lord Jesus. He has shown you and is showing you your responsibilities in your health and weight loss. As you faithfully obey Him you will be the first to partake of the crops (2Timothy 2:16) or the fruit of you labors! The master will make sure that you are blessed and prospered.

Place your hope in Him today. Even when we are faithless: He remains faithful (2Timothy 2:13). What a comfort!!

The lyrics to a light-hearted song keep my heart wonderfully light-hearted as I sing them...

*“You just keep doing your best and pray that it’s blessed, and He’ll take care of the rest!!”*

**Memory Verse:**

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Today as you are laboring in the “field” of health and wellness, what is a task within your responsibility? (Today I will exercise or today I will spend time in prayer.) \_\_\_\_\_

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What will be the fruit of your labors? (By exercising I will be rejuvenated, physically and mentally. By spending time in prayer I will fellowship with my Lord, hear His voice, and experience peace of mind.) \_\_\_\_\_

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**Food for Thought:** *“Flying may not be all plain sailing, but the fun of it is worth the price.”* -Amelia Earhart

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*Fit for Life*  
*Day 6*

*This Week's Title~*

*This Week's Memory Verse~*

*What stood out the most this week from scripture.*

*Something that tested me to learn from (weakness, temptation, attitude, etc.)~*

*A success this week was~*

*I want to remember next week,.....*

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