

Exercise 4: Our God, Our Faith and Hope

Without faith it is impossible to please God, for whoever would approach God must believe that God exists and that God rewards those who seek God. [He 11:6] **Now faith is the assurance of things hoped for**, the conviction of things not seen. Indeed, by faith, our ancestors received approval. By faith we understand that the worlds were made from things that are not visible. [He 11:1b-3]

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we rejoice in the **hope** of the glory of God. Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, **hope**. And **hope** does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us. [Ro 5:1-5]

Paul, an apostle of Christ Jesus by the command of God our Savior and of Christ Jesus our **hope**. [1TI 1:1]

May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good **hope**, encourage your hearts and strengthen you in every good deed and word. [2Th 2:16-17]

Exercise: Write about a time when your unwavering—or even weak—faith in who God is and God’s promises gave you **HOPE**. First, describe which, among God’s many promises, you were believing that gave you HOPE. Describe where you felt that belief in your body and what it felt like. Of course, if initially you didn’t feel anything but just keep on believing in the promise, write that down also. Nevertheless, we know that even in the dry moments of faith, HOPE is still alive, but it is lived as a sense of peace even if there is not clear vision of the future to create energizing hope. If that was you experience, describe what it was like to live peaceful hope by pure faith alone and what you were thinking.
