

# THEME VERSES~~PSALM 61:1-4

- **Hear my cry, O God;**
- **Attend to my prayer.**
- From the end of the earth I will cry to you,
- When my heart is overwhelmed;
- Lead me to the rock that is higher than I.
- For you have been a shelter for me,
- A strong tower from the enemy.
- I will abide in Your tabernacle forever,
- I will trust in the shelter of your wings.

## THEME QUOTE

By Dr. Martin Lloyd-Jones

“Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself?”

## NAME & TOPIC LESSON #1 ~ GOALS

- To understand the significance of Biblical names.
- To gain a sense of the inner privilege and comfort it is to have a God who is the awesome Lord of Hosts—who also cares for individual (and sinful) people.
- To have an ever greater desire to hope in and cry out to God.
- To understand Hope from a Biblical perspective.
- To see the paradox: Hope is a gift given by God, yet man responsibilities in this area.
- To identify the responsibilities regarding hope that each believer has.

GOD OF JACOB;  
LORD OF  
HOSTS

- **God:** (plural)
- creator, redeemer, I Am
- **Jacob/Israel:**
- supplanter/
- wrestles with God
- **Jehovah:** (verb)
- YHWH. The Lord
- **Sabbaoth:**
- hosts (everything)

# HOPE

- Confident expectation of what **God** has promised.
- Hope's strength is found in trusting His faithfulness.
- Pictured in an: Anchor Helmet Fruitful Tree

# When the Soul is in Distress

## Remember

- The Scriptures give hope.
- Old Testament examples give hope.
- God's past faithfulness
- God's works/wonders/deeds/strengths/redemption
- God's attributes
- God's thoughts
- God is your: Rock, Shelter, Strong Tower
- God: will not leave you, keeps you, is near, fills heaven and earth, is with us always
- Hope is in God.

## Respond

- Study God's Word!
- Question self
- Reason with Self
- Express hope in God
- Tell self what to think/expect
  
- With Worship: obedience, praise, trust, Prayer!!
- Ask God for help
- Get help from the strong
- Study the OT
- Pursue Christ

## Refuse

- To doubt without remembering
- To be forgetful of God or His Word
- To be passive-actively respond!
- To focus on self.
- To live by sight



CHRIST  
THE SURE  
AND  
STEADY  
ANCHOR

- Christ the sure and steady Anchor  
In the fury of the storm  
When the winds of doubt blow through me  
And my sails have all been torn  
In the suffering, in the sorrow  
When my sinking hopes are few  
I will hold fast to the Anchor  
It shall never be removed
- Christ the sure and steady Anchor  
While the tempest rages on  
When temptation claims the battle  
And it seems the night has won  
Deeper still then goes the Anchor  
Though I justly stand accused  
I will hold fast to the Anchor  
It shall never be removed  
No, it shall never be removed



CHRIST  
THE SURE  
AND  
STEADY  
ANCHOR

- Christ the sure and steady Anchor  
Through the floods of unbelief  
Hopeless somehow, O my soul, now  
Lift your eyes to Calvary  
This my ballast of assurance  
See His love forever proved  
I will hold fast to the Anchor  
It shall never be removed
- Christ the sure and steady Anchor  
As we face the wave of death  
When these trials give way to glory  
As we draw our final breath  
We will cross that great horizon  
Clouds behind and life secure  
And the calm will be the better  
For the storms that we endure
- Christ the sure of our salvation  
Ever faithful, ever true  
We will hold fast to the Anchor  
It shall never be removed



*Saving Grace*  
WOMEN OF THE WORD