

# How to Have Faith Without Getting Your Hopes Up

## Text: Selected

Faith and hope go hand-in-hand. Yet how many times have you and I had difficulty having faith because of past disappointments? We've "gotten our hopes up" only to have our hopes thrown to the ground. Times like these can either destroy our dreams or they can realign our focus.

So, if you are struggling with "believing God," if you are frustrated with disappointment and wonder if praying about something will work, consider a couple of *truths*.

### I. We are often disappointed when we have *hoped* in situations and circumstances.

#### A. It's easy to be focused on what we think God is going to do.

##### On the Road to Emmaus

**13** Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. **14** They were talking with each other about everything that had happened. **15** As they talked and discussed these things with each other, Jesus himself came up and walked along with them; **16** but they were kept from recognizing him. **17** He asked them, "What are you discussing together as you walk along?" They stood still, their faces downcast. **18** One of them, named Cleopas, asked him, "Are you only a visitor to Jerusalem and do not know the things that have happened there in these days?" **19** "What things?" he asked. "About Jesus of Nazareth," they replied. "He was a prophet, powerful in word and deed before God and all the people. **20** The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; **21** but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. **22** In addition, some of our women amazed us. They went to the tomb early this morning **23** but didn't find his body. They came and told us that they had seen a vision of angels, who said he was alive. **24** Then some of our companions went to the tomb and found it just as the women had said, but him they did not see."

**25** He said to them, "How foolish you are, and how slow of heart to believe all that the prophets have spoken! **26** Did not the Christ have to suffer these things and then enter his glory?" **27** And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

**B. If our expectations about life are separate from our expectations of God ....**

## **II. We are never disappointed when we *hope in the Lord*.**

**A. What we think of about God is extremely important.**

**Hebrews 11: 8** By faith Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going. **9** By faith he made his home in the promised land like a stranger in a foreign country; he lived in tents, as did Isaac and Jacob, who were heirs with him of the same promise. **10** For he was looking forward to the city with foundations, whose architect and builder is God. **11** By faith Abraham, even though he was past age—and Sarah herself was barren—was enabled to become a father because **he considered him faithful who had made the promise**. **12** And so from this one man, and he as good as dead, came descendants as numerous as the stars in the sky and as countless as the sand on the seashore.

**B. The Lord is not just the object of our devotion; He is the source of all the good we receive.**

**James 1:12-17**

Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him. **13** When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; **14** but each one is tempted when, by his own evil desire, he is dragged away and enticed. **15** Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. **16** Don't be deceived, my dear brothers. **17** *Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.*

**1 Timothy 6:16-17 (New International Version)**

**16** who alone is immortal and who lives in unapproachable light, whom no one has seen or can see. To him be honor and might forever. Amen. **17** Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, *but to put their hope in God, who richly provides us with everything for our enjoyment.*

**Psalm 33:18**

But the eyes of the LORD are on those who fear him, on those whose hope is

in his unfailing love, **19** to deliver them from death and keep them alive in famine. **20** We wait in hope for the LORD; he is our help and our shield. **21** In him our hearts rejoice, for we trust in his holy name. **22** May your unfailing love rest upon us, O LORD, even as we put our hope in you.

**Psalm 42:10-11 (New International Version)**

**10** My bones suffer mortal agony as my foes taunt me, saying to me all day long, "Where is your God?" **11** Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

**Isaiah 40:30-31 (New International Version)**

**30** Even youths grow tired and weary, and young men stumble and fall; **31** *but those who hope in the LORD* will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.