

Wholeness

Weekly Biblical reflections for looking after our Wellbeing

Reflection 3: Living a life of Hope

²⁵ I have become its servant by the commission God gave me to present to you the word of God in its fullness - ²⁶ the mystery that has been kept hidden for ages and generations, but is now disclosed to the Lord's people. ²⁷ To them God has chosen to make known among the Gentiles the glorious riches of this mystery, which is Christ in you, the hope of glory.

Colossians 1:25-27

Hope – what do we mean by the word hope? We use the hope in a variety of ways

- A desire for something good in the future
- The thing in the future that we desire
- The basis or reason for thinking that our desire may indeed be fulfilled

And while all of these ways of using hope are found in the Bible, there is a distinctive use of the word hope that is not present in ordinary day-to-day usage. As John Piper puts it in his 1986 writings on hope:

Biblical hope is not a mere desire for something good to happen. It is a confident expectation and desire for something good in the future. Biblical hope has moral certainty in it. When the word says, "Hope in God!" it does not mean, "Cross your fingers." It means, to use the words of William Carey, "Expect great things from God."

Emotional wholeness means we believe in a better future; really simply it means 'you can get from there to here' perhaps if you are despairing about your life, wondering how you got to where you are, perhaps disappointments and difficulties we are in the midst of, we can hold on to hope.

Hope actually helps us just at the moment we want to give up on hope, that is when it is most useful. The Bible, particularly the New Testament, talks of through knowing Jesus, by coming to him we can find the hope that we can become all we need to be.

The verse above talks of Christ being within us and being 'the hope of glory'; the word glory here talks about the character of God, developing to be like God. Paul, the writer of Colossians, is saying that Jesus is with us we have the hope that becoming more like God can

be true. It is a promise about who you are meant to be, who you can become. It is the unseen creative potential for change in your current situation.

When the verse above talks about hope it is a promise, not just a possibility - hope is the knowledge of facts. Hope is not a feeling or emotion; it is believing the promise there is a better future.

If you are feeling down, depressed, burnt out, feeling you will I ever be free from this situation? Hope means you don't know what is round the corner, you never know how God will answer the simplest of prayers.

- How do you view hope? Is it just wishful thinking or do you have a certainty you can hold on to?
- Do you have Biblical hope that is the sure anchor to your soul? How could you achieve that?
- Do you give opportunity in the day to draw close to Jesus and understand the hope that we can become all we need to be?

Prayer

Father, thank you that you don't leave us in despair and you give us the promise of hope. Thank you that you have given us Jesus, the hope of glory to become like you. Give us strength to hold on to the certainty of your hope in our lives. Amen

Next week: Living a Life with Endurance

ⁱ <https://www.desiringgod.org/messages/what-is-hope>