

CATHERINE MARTIN

A HEART
THAT
HOPES
IN GOD



Quiet Time
MINISTRIES

PALM DESERT, CALIFORNIA

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Week One

THERE IS ALWAYS HOPE NO MATTER WHAT

Romans 15:13

Other men see only a hopeless end, but the Christian rejoices in an endless hope.

GILBERT BEEKEN

THE CERTAINTY OF HOPE

*Now may the God of hope fill you with all joy and peace in believing,
so that you will abound in hope by the power of the Holy Spirit.*

ROMANS 15:13

PREPARE YOUR HEART

Life is a journey of the heart leading you into a rich, deep intimacy with God. In your life with God, there are two certainties you can count on: trials and God. And you need to know God always outweighs any trial that comes your way. The secret to preventing a fall into despair is to calculate God into every circumstance.

If you have lived for any length of time you have already discovered that there are times when you are faced with adversities and obstacles that are seemingly impossible. Jesus told His followers, “In the world you have tribulation, but take courage; I have overcome the world” (John 16:33). Charles Haddon Spurgeon, the prince of preachers in England, knew what it was to face the fiery trial. In spite of physical challenges and a battle with depression, he never gave up. Why? Because of the other certainty that may be relied upon by any child of God. There is a promise so great, so abundant, that no matter what you face in life, you can have hope. The promise is found in the words of Paul in Romans 15:13, “Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.” What God is promising here is that He will fill you with joy, peace, and abundant, overflowing hope through the power of the Holy Spirit living in you. God’s work in you as the God of hope allows you to live a life that does not count on favorable circumstances, but instead counts on the certainty and fact and truth and reality of God and His Word.

In this first week of your quiet time experience in the Psalms you are going to learn all about hope. It is an important part of the journey because the hope given by God is very different than the kind of hope most people count on in life. As you begin your quiet time today with the Lord take a moment and talk with the Lord. Ask Him to quiet your heart and speak to you from His Word. Then, ask Him to open the eyes of your heart and teach you all about hope. As a preparation of heart, read Psalm 1:1-3. After reading from Psalm 1, write a prayer to the Lord in your journal found in the back of this book, expressing all that is on your heart today.

READ AND STUDY GOD'S WORD

1. Read the following translations of Romans 15:13 and underline those phrases or words that are significant to you.

“Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.”

Romans 15:13 NASB

“So I pray that God, who gives you hope, will keep you happy and full of peace as you believe in him. May you overflow with hope through the power of the Holy Spirit.”

Romans 15:13 NLT

“May the God of hope fill you with joy and peace in your faith, that by the power of the Holy Spirit, your whole life and outlook may be radiant with hope.”

Romans 15:13 PHILLIPS

“I pray that the God who gives hope will fill you with much joy and peace while you trust in Him. Then your hope will overflow by the power of the Holy Spirit.”

Romans 15:13 NCV

2. As you look at these verses do you notice what God does, what kind of hope He wants you to have, and the quality of life He intends for you? As you think about these things, what is significant to you today? What truth can you take with you and think about throughout the day?

ADORE GOD IN PRAYER

Use the words of this prayer by Spurgeon, personalizing them to fit your own circumstance:

“Oh God, Thou knowest the burden of every heart before Thee, the secret sighing of the prisoner cometh up into Thine ears. Some of us are in perplexity, others are in actual suffering of body. Some are sorely cast down in themselves, and others deeply afflicted with the trials of those they love, but as for all these burdens

our soul would cast them on the Lord. In quietness and confidence shall be our strength, and we take up the place of sitting still, leaving with quiet acquiescence everything in the hands of God. Great Helmsman, Thou shalt steer the ship and we will not be troubled. By Thy grace we will leave everything most sweetly in Thy hands. Where else should these things be left? And we will take up the note of joyous song in anticipation of the deliverance which will surely come.”¹

CHARLES HADDON SPURGEON IN *THE PASTOR IN PRAYER*

YIELD YOURSELF TO GOD

In losses, crosses, and troubles, you realize God’s presence more conspicuously than ever. The Bible does not say that when you walk along the flowery path or rest on the soft green bank, “I will be with you.” It does not say that when you walk on the close cut grass, which feels like a carpet under your feet, “I will be with you.” I do not remember reading a Scripture promise like that. But God does say, “When you pass through the waters I will be with you” (Is. 43:2). He gives a special promise for a special time of trial. To meet the doubts of His troubled child, He says, “Fear not, for I have redeemed you; I have called you by your name; you are Mine” (Is. 43:1). Our way to heaven lies through the flood, and through the flood we will go. God has ordained that no trouble, however great, and no persecution, however terrible, will stop the onward march of a soul predestined to eternal joy. Suppose the river is deep and rapid and the torrent sweeps everything before it, still we shall go through it. We shall not be stopped or swept away because God has promised, “When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you (Is. 43:2).”²

CHARLES HADDON SPURGEON IN *BESIDE STILL WATERS*

ENJOY HIS PRESENCE

Are you passing through deep, turbulent waters right now in your life? What is the comfort you can take with you as a result of what you’ve seen in your quiet time with the Lord? Write it out in the space provided and then carry that truth with you throughout the day

Fear not I am with you, O be not dismayed,
For I am your God, I will still give you aid:
I'll strengthen you, help you, and cause you to stand,
Upheld by My gracious, omnipotent hand.
When through the deep waters I call you to go,
The rivers of sorrow will not overflow,
For I will be with you, your trials to bless,
And sanctify to you your deepest distress.
When through fiery trials your pathway shall lie,
My grace all-sufficient shall be your supply
The flames shall not hurt you, I only design
Your dross to consume and your gold to refine.³

CHARLES HADDON SPURGEON IN BESIDE STILL WATERS

REST IN HIS LOVE

“Do not be afraid, for I have ransomed you. I have called you by name; you are mine. When you go through deep waters and great trouble, I will be with you. When you go through rivers of difficulty, you will not drown! When you walk through the fire of oppression, you will not be burned up; the flames will not consume you. For I am the LORD, your God, the Holy One of Israel, your Savior” (Isaiah 43:1-3 NLT).

Viewer Guide

WEEK ONE

What's So Great About Hope?

You have just completed the first week of study in *A Heart That Hopes In God*. Today we are going to share together some devotional thoughts from Hebrews 6:13-19. I want you to see why hope is so valuable for you to have each moment of your life.

“...take hold of the hope set before us. This hope we have as an anchor of the soul, a hope both sure and steadfast and one which enters within the veil...” (Hebrews 6:18-19).

Devotional thoughts from Hebrews 6:13-19

1. God always does what He _____ and _____ to do. Hebrews 6:17

2. It is _____ for God to lie. Hebrews 6:18

3. When God promises something, He _____ His promise. Hebrews 6:18

4. He has guaranteed His promise with His _____. He wants you to know He keeps His Word.

5. You have a _____. Hebrews 6:18

Hope is holding on with patient _____.


6. Hope is like an _____. Hebrews 6:19

7. Hope keeps me from _____.
Hebrews 6:19

Why the Psalms are a wonderful place to put your anchor deep into the Word of God

1. Many are written by David, the man after God's own _____.
2. The psalms are our living example of how to have _____ in times of difficulty.
3. The psalms are filled with the _____ of God.
4. When you anchor your hope in the promises of the Psalms, you will discover that you will not _____.

Practical Applications to take your hope and anchor it in the Psalms:

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