



OCTOBER 12, 2025 – LESSON RECAP

Finding Hope Through the Psalms

“Hope in the midst of hopelessness”

Summary Paragraph

1. **Your Hope Is Rooted in Who God Is – Not in What You See.**
 - *“The Lord is the anchor of the soul.”*
 2. **Feelings Are Temporary, but God’s Word Is Eternal.**
 - Hope is a verb—it chooses to act based on trust in God.
 3. **Even in Judgment, God Offers Redemption.**
 - Hosea’s story reminds us: **Love wins. Redemption is possible.**
 4. **Praise Is a Weapon Against Hopelessness.**
 - *“I will bless the Lord at all times...”* – make that your daily confession.
 5. **God Is → Therefore I Will.**
 - Your vertical relationship with God fuels your hope, even when your horizontal circumstances feel bleak.
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Part 1: Is Hope... Hopeless?

- We explored how **Psalm 10:1–11** paints a picture of despair and injustice, similar to our world today—**oppression, corruption, bloodshed, and rebellion** against God.
- Just as **David cried out in hopelessness**, many today are crying out in the same way.
- But **David didn't stop at despair**. Psalms 10:16–18 shows us that **hope always follows the honest cry**.

Key Verse:

“The Lord is King forever and ever... Lord, you know the hopes of the helpless.” – Psalm 10:16–17 (NLT)

Part 2: Hope Is Upward Focus

- Our vertical relationship with God keeps us steady when everything around us shakes.
- Like the divided kingdom of Israel in Hosea's day, many people today live in rebellion—but **God's message remains: “Even in judgment, there is hope.”**
- Hosea's obedience to marry Gomer (a woman who betrayed him) was God's living message of **redemptive love**. Despite her unfaithfulness, **he bought her back**, showing how **God redeems us—even from the auction block of sin**.

Application:

No matter how far you've gone, God says, “Come back—I love you still.”



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Part 3: God Is... Therefore, I Will

- When we **truly see who God is**, our natural response becomes praise.
- David declared:
“Because thy lovingkindness is better than life, my lips shall praise thee.” – Psalm 63:3
- Psalms reminds us that we can **choose to praise God**, even when we don’t feel like it.
Hopelessness is a feeling. But hope is an action.

Examples from Psalms:

- *“God is my refuge, my hiding place, my rock, my salvation...”*
 - *“I will bless the Lord at all times... I will rejoice... I will wait... I will trust...”*
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SCRIPTURES TO REMEMBER

- **Psalm 10:1–18** – From despair to hope
- **Psalm 32:6–11** – God is our hiding place
- **Psalm 34:1–4** – *“I will bless the Lord at all times...”*
- **Hosea 1** – Love and redemption
- **Proverbs 3:5–6** – Trust and direction



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FINAL ENCOURAGEMENT:

SisStars, no matter what this world looks like, remember:

💖 “God is the same yesterday, today, and forever.” 💖

Let your praise rise above your pain.

Set your focus above, not around.

💎 There is *always* hope—because **our hope is in Christ.** 💎

“God is... Therefore, I will!”

I will trust. I will praise. I will rejoice. I will rise above hopelessness because my hope is in Him!