

# The Athens Conference

## *Giving Hope to My Neighbor*

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### OUTLINE/NOTES

- 1) Psalm 43:5- "Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God."
- 2) God calls us in Scripture to love our neighbors. In today's session, we're going to explore how those who are hopeful can help those who are hurting and hopeless.
- 3) A BIBLICAL UNDERSTANDING OF HOPE

4) WHEN HOPE IS GONE

5) GIVING HOPE TO YOUR NEIGHBOR

## 10 Practical Tools to Give Hope to Your Neighbor:

- 1) Effective solutions in renewing hope begin with prayer. Pray for your neighbor as well as for God's guidance and blessing as you help them.
- 2) Always approach a hurting person with love and compassion.
- 3) Actively listen and be a true friend to those who struggle.
- 4) With the unbeliever- Pray, Pursue, and Proclaim
- 5) With the believer- Pray, Pursue, and Encourage them from the Word of God. Walk them through the comfort, hope, and promises that we have in Christ.
- 6) Help your neighbor realize that they need to reorient their focus off of themselves or their situation, and turn it to Jesus! We need to esteem ourselves less and esteem Him more and more!
- 7) Remember that emotional pain is often the place where God teaches us and heals that which is damaged and broken.
- 8) Be patient- In many cases, the level of discouragement and hopelessness your friend experiences now didn't set in overnight.
- 9) Encourage the discouraged heart regularly- Words in season, said in the right way at the right time go a long way in helping a discouraged person.
- 10) As you listen to them, pay attention to the severity their hopelessness. With severe depression that includes self-injury or suicidal thoughts, seek help from your pastor or church leadership immediately!

## Helpful Resources:

- 1) A Light in Dark Places by Dr. Derek Thomas  
<http://www.ligonier.org/learn/articles/light-dark-places/>
- 2) Hope Sabotaged <https://www.ccef.org/hope-sabotaged/>
- 3) Hope for the Depressed <https://www.ccef.org/hope-depressed/>
- 4) The Dark Night of the Soul by RC Sproul  
<http://www.ligonier.org/learn/articles/dark-night-soul/>
- 5) Spiritual Depression: Its Causes & Its Cure  
<https://www.amazon.com/Spiritual-Depression-Its-Causes-Cure/dp/0802813879>
- 6) For Those Who Fail Every Day <https://www.ccef.org/fail-every-day/>

## Helpful verses to meditate on:

- 1) *“For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.”* Jeremiah 29:11.
- 2) *“Fear not, for I have redeemed you; I have called you by your name; you are Mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you.”* Isaiah 43:1-2.
- 3) *“Through the Lord’s mercies we are not consumed, because His compassions fail not.”* Lamentations 3:22.
- 4) *“Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you.”* Deuteronomy 31:6.
- 5) *“But when the kindness and the love of God our Savior toward man appeared, not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit, whom He poured out on us abundantly through Jesus Christ our Savior, that having been justified by His grace we should become heirs according to the hope of eternal life.”* Titus 3:4-7.
- 6) *“But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, They shall run and not be weary, they shall walk and not faint.”* Isaiah 40:31.
- 7) *“Blessed is the man who trusts in the Lord, and whose hope is the Lord. For he shall be like a tree planted by the waters, which spreads out its roots by the river, and will not fear when heat comes: but its leaf will be green, and will not be anxious in the year of drought, nor will cease from yielding fruit.”* Jeremiah 17:7-8.