

# Hope:

*The confident expectation  
of what God has promised*



Hope is a confident expectation that stems from faith. Our faith is in the Lord our God; out of that faith we have the hope in what He has promised. People hope for many things - we *hope* that we will have good health; we *hope* that our spouse will be the husband or wife that they should be; we *hope* that life will go well and as planned. Hope, as we use the term is usually is more of a wish. Biblical hope stands on something - it has a foundation. That foundation *must* be Jesus Christ. Health, life, plans, and spouses don't always go the way we would like. The things of this world, even people, are broken and will tend to disappoint. Biblical hope is trust grounded in Christ and His word.

When we put our hope in Christ, and Christ alone, we won't be disappointed. There will be times when it may seem like the Lord isn't there, that He hasn't come through for us, but again, is our hope in His word or is it a wish for what *we* want in life? We must build and maintain that healthy relationship with the Lord so that we gain that confident expectation in what He has promised - the promises of the Word of God. From that *hope* we can live our lives, knowing that even through the storms, He will be with us. That He will guide and direct us. We know from the Word that we will have victory in the end; that we will spend eternity with the Lord.

In our marriage, this means that we focus on the Lord and not our spouse. That we seek to live according to God's Word, even if our spouse doesn't. We seek to be the person the Lord wants us to be rather than focusing on the ways our spouse doesn't measure up. When we live out God's Word in our individual lives, it *will* positively affect our marriages. So, whether we have a great marriage or a struggling marriage, we must place our hope in the Lord, our God, not in our spouse. We must focus on ourselves and our walk with the Lord. Then we will be able to stand strong and be steadfast through the storms we will face.

**Helpful Resources:** *Fortified Marriages Resource page:* [www.fortifiedmarriages.com](http://www.fortifiedmarriages.com)

**Articles to check out:** *Restore Hope for Your Marriage* by Mitch Temple

[www.focusonthefamily.com/marriage/restore-hope-for-your-marriage](http://www.focusonthefamily.com/marriage/restore-hope-for-your-marriage)

*5 Ways To Find Hope In Your Marriage*

[www.missionhills.org/5-ways-to-find-hope-in-your-marriage](http://www.missionhills.org/5-ways-to-find-hope-in-your-marriage)