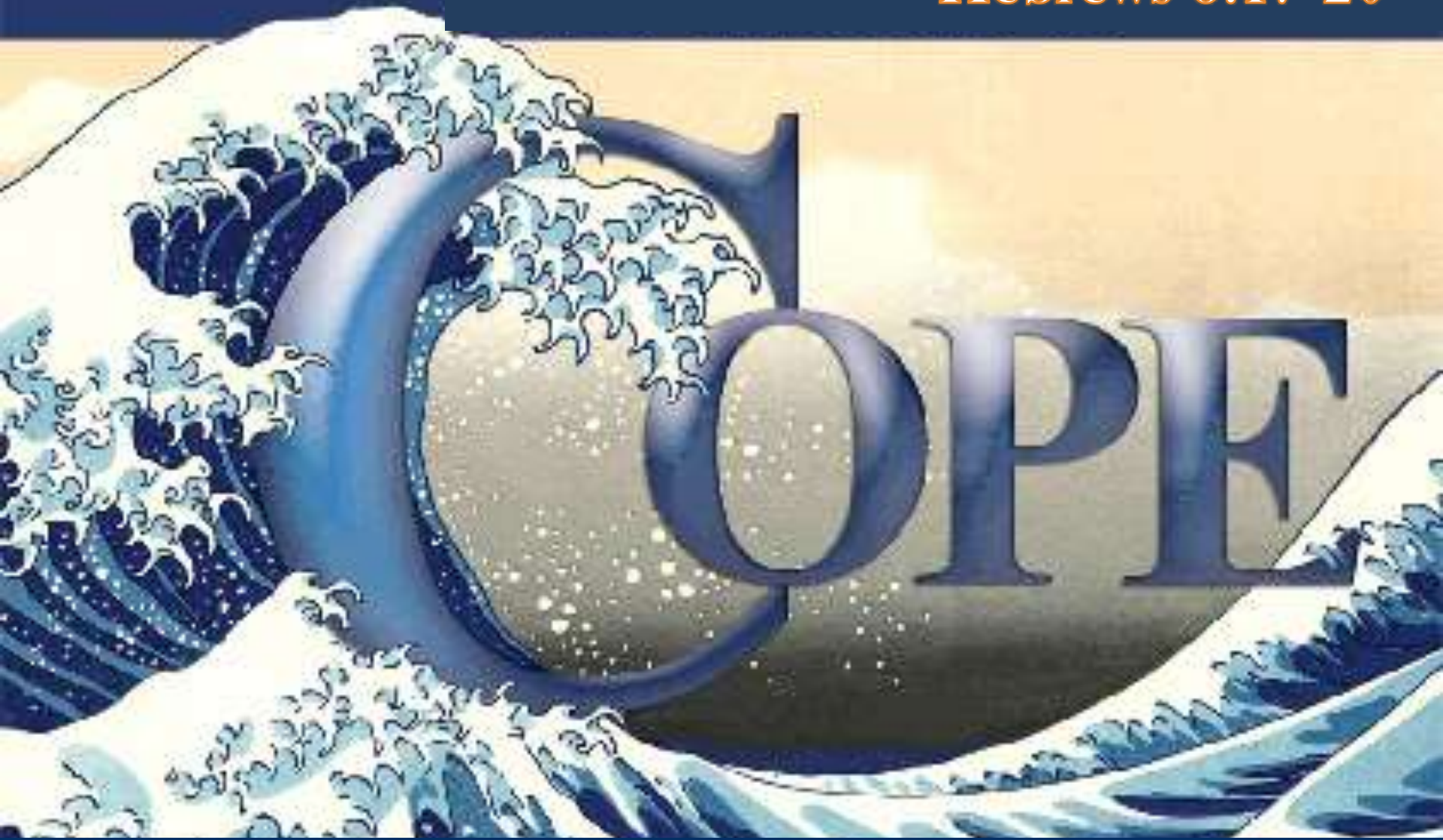


Hebrews 6:17-20



I Cope With Hope: My Hope Is In God



LET HOPE IN

HOPE IS NEEDED
HOPE FOUND
HOPE EXPRESSED
HOPE RENEWED
HOPE SHARED



Hope can be found...

A vibrant rainbow arches across a cloudy sky, casting a soft glow over a rural landscape. A dirt road winds through the scene, flanked by trees and fields. The overall mood is one of hope and tranquility.

...in God's Promises

...in His Counsel (*His Word*)

...in His Character

Hope can be found...



...in His Presence (*His Son, The Holy Spirit*)
...among His People.

Hebrews 6:17-20

17 Thus God, determining to show more abundantly to **the heirs of promise** the immutability of His **counsel**, confirmed it by an oath,
18 that by two immutable things, in which **it is impossible for God to lie, we** might have strong consolation, who have fled for refuge to lay hold of the hope set before **us**.

Hebrews 6:17-20

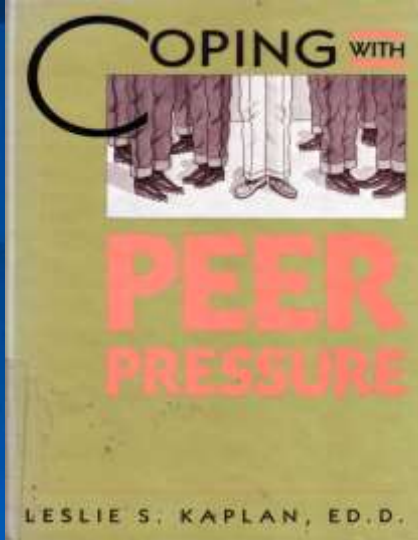
19 This **hope we** have as an anchor of the soul, both sure and steadfast, and which enters the **Presence** behind the veil, 20 where the forerunner has entered for us, **even Jesus**, having become High Priest forever according to the order of Melchizedek.



This hope in God and His Son is an anchor for our souls, both sure and steadfast! (v. 19)

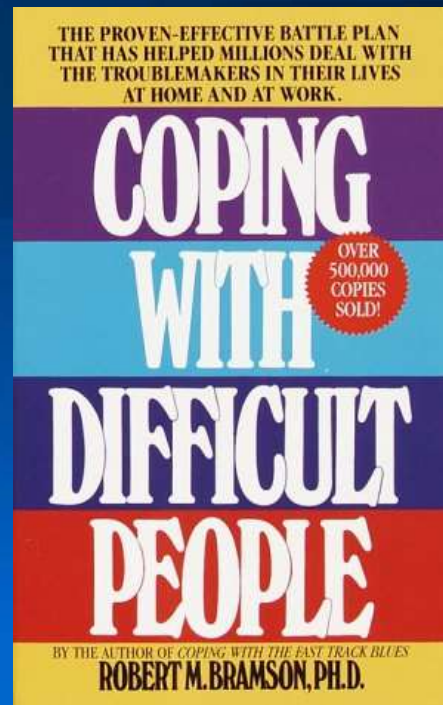


COPING WITH
STRESS



COPING WITH
**PEER
PRESSURE**

LESLIE S. KAPLAN, ED.D.



THE PROVEN-EFFECTIVE BATTLE PLAN THAT HAS HELPED MILLIONS DEAL WITH THE TROUBLEMAKERS IN THEIR LIVES AT HOME AND AT WORK.

COPING WITH

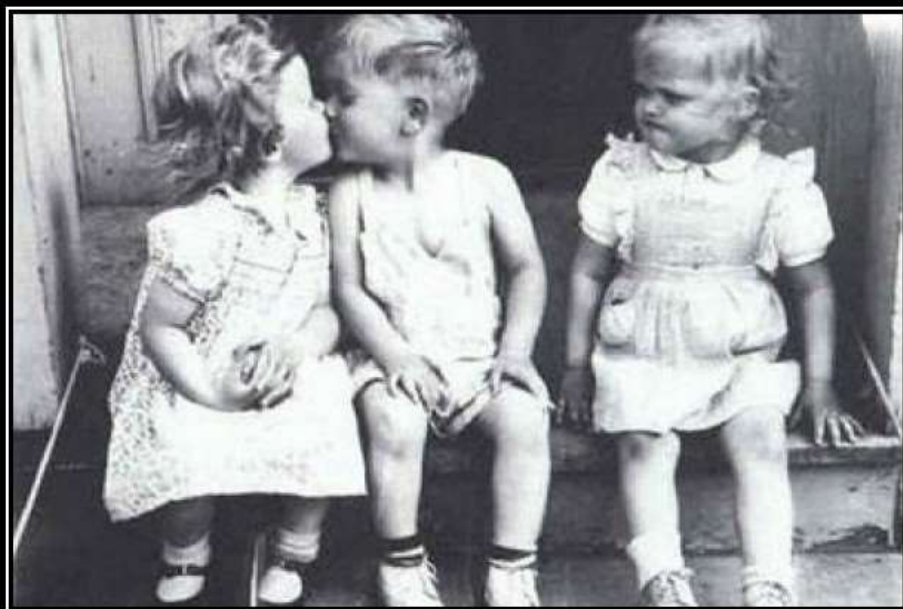
OVER 500,000 COPIES SOLD!

DIFFICULT PEOPLE

BY THE AUTHOR OF COPING WITH THE FAST TRACK BLUES
ROBERT M. BRAMSON, PH.D.

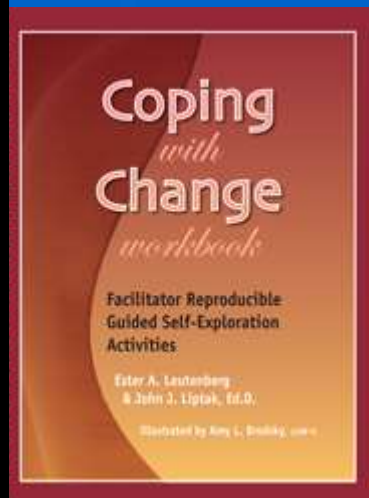


How To Cope With Pain



REJECTION

It starts from an early age. Get used to it!

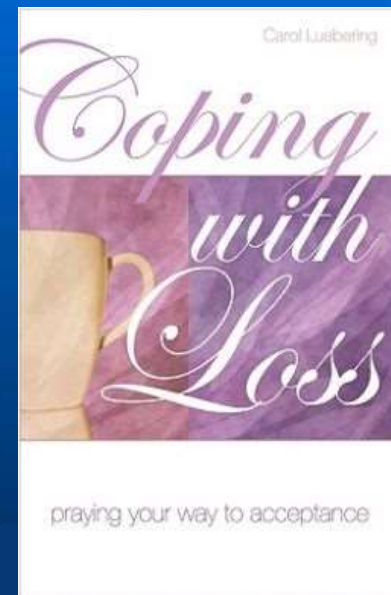


Coping with
Change
workbook

Facilitator Reproducible
Guided Self-Exploration
Activities

Ester A. Leitenberg
& John J. Liptak, Ed.D.

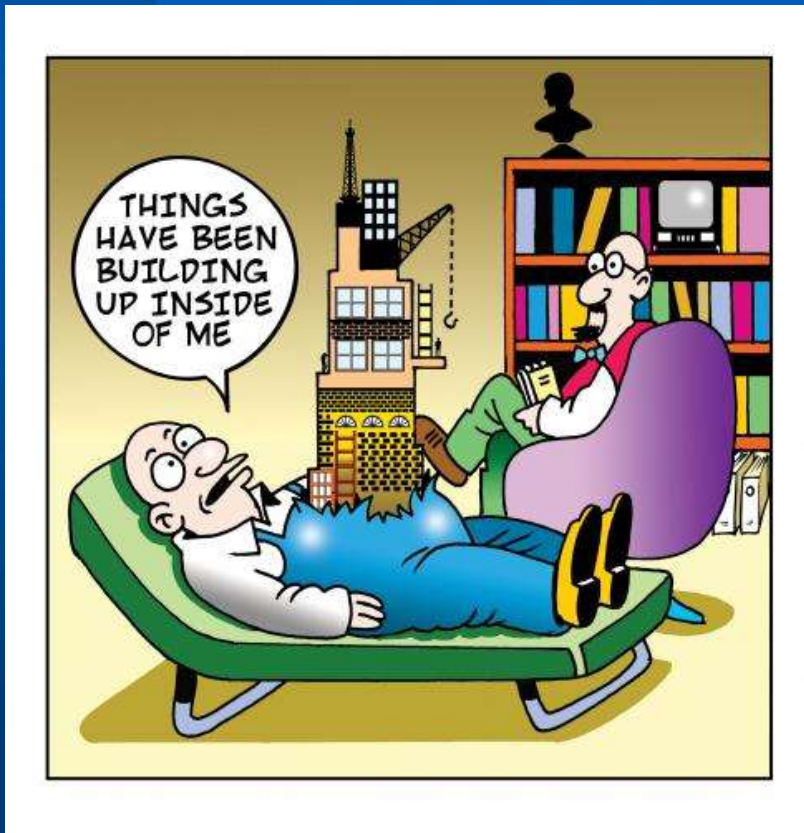
Illustrated by Amy L. Dooling, MFA




Carol Luebbert

Coping with
Loss

praying your way to acceptance



We Cope Better with...



His Promises, His Word,
His Presence, **Jesus & Holy Spirit**
and His People, **the Church**

We Can Count on God

We can count on His PROMISES

2 Peter 1:34 (NKJV)

⁴ by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption *that is* in the world through lust.

We Can Count on God

We can count on His PROMISES

Proverbs 3:5-6 (NKJV)

**⁵ Trust in the LORD with all your heart,
And lean not on your own understanding;**

**⁶ In all your ways acknowledge Him,
And He shall direct your paths.**

We Can Count on God

We can count on His PROMISES

We can count on His COUNSEL

Psalm 119:14-16 (paraphrase)

**“I’ll delight in your counsel, your word,
your statutes, I will not forget your
counsel. I will meditate upon them and
give them my full respect. I will delight
myself in your statutes; I will not forget
Your word.”**

We Can Count on God

We can count on His PROMISES

We can count on His COUNSEL

1 Timothy 4:13 (NLT)

13 Until I get there, focus on reading the Scriptures to the church, encouraging the believers, and teaching them.

We Can Count on God

We can count on His PROMISES

We can count on His COUNSEL

2 Timothy 2:15 (NKJV)

15 Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

We Can Count on God

We can count on His WORD

Hebrews 4:16 (NKJV)

¹⁵ For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all *points* tempted as *we are*, yet without sin. ¹⁶ Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

We Can Count on God

We can count on His WORD

1 Peter 5:7 (NKJV)

**⁷ casting all your care upon Him,
for He cares for you.**

We Can Count on God

We can count on His PROMISES

We can count on His COUNSEL

We can count on His CHARACTER

Hebrews 6:18

**¹⁸ that by two immutable things, in
which it is impossible for God to lie,**

We Can Count on God

We can count on His PROMISES

We can count on His COUNSEL

We can count on His CHARACTER

Exodus 34:5-6 (NKJV)

⁶ And the LORD passed before him and proclaimed, "The LORD, the LORD God, merciful and gracious, longsuffering, and abounding in goodness and truth,

We Can Count on God

We can count on His PROMISES

We can count on His COUNSEL

We can count on His CHARACTER

Psalm 34:8 (NIV)

Psalm 34:8 (NIV)

**⁸ Taste and see that the LORD is good;
blessed is the man who takes refuge
in him.**

We Can Count on God

We can count on His SON

Matthew 11:28-30 (NKJV)

28 Come to Me, all *you* who labor and are heavy laden, and I will give you rest. **29** Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. **30** For My yoke *is* easy and My burden is light."

We Can Count on God

We can count on His SON

Matthew 11:28-30 (NKJV)

28 Come to Me, all *you* who labor and are heavy laden, and I will give you rest. **29** Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. **30** For My yoke *is* easy and My burden is light."

We Can Count on God

We can count on His SON

Matthew 11:28-30 (NKJV)

28 Come to Me, all *you* who labor and are heavy laden, and I will give you rest. **29** Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. **30** For My yoke *is* easy and My burden is light."

We Can Count on God

We can count on His PROMISES

We can count on His COUNSEL

We can count on His WORD

We can count on His CHARACTER

We can count on His SON

We can count on His PEOPLE

We Can Count on God

We can count on His PEOPLE

Ecclesiastes 4:9-10 (NKJV)

9 Two are better than one, Because they have a good reward for their labor. 10 For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up.

We Can Count on God

We can count on His PEOPLE

Ecclesiastes 4:11-12 (NKJV)

11 Again, if two lie down together, they will keep warm; But how can one be warm alone? 12 Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken.

We Can Count on Him to use
His People to Help us!



MATTHEWS, John & Peggy
John Taylor, Lynn

*John & Peggy
John Taylor
& Lynn
Matthews*

HOW DO YOU COPE?

