

## Expecting Positive Outcomes

### Description

Psalm 71:1-5

The value of hope cannot be measured: It sustains us when times are troubled, lightens the load we carry, and empowers us to make right choices.

We have hope in the Lord because of who the Lord is: refuge, righteous, rescuer, deliverer, rock of refuge, and fortress. The psalmist cries out to the Lord, “Let me never be put to shame” (v. 1). He echoes that sentiment later, “Deliver me, God, from the hand of the wicked” (v. 4). God is the psalmist’s hope; God sustains in times of trouble, lightens the load, and empowers us to live justly. Hope does not come from within our own selves, but from God.

Recall the moments in your life when hope sustained you through difficulties. How was God the center of that hope? Now think about your current circumstances. Where do you see glimpses of hope? Share with someone your story of hope today.

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