

Rekindling Hope: Rhythms, Patience, Grace

Week Three: Habits of Hope [1.18.26]

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Intro

Sports movies as an embodiment of hope. Miracle. Or the Martian.

Modern German Philosophers All Agree

Ernst Bloch- Hope is teachable, like a virtue

Victor Frankl- Man's Search For Meaning

There is nothing in the world, I venture to say, that would so effectively help one to survive even the worst conditions as the knowledge that there is a meaning in one's life. There is much wisdom in the words of Nietzsche: "He who has a why to live for can bear almost any how."

Macro/Objective Hope

The hope for every person: Union with Christ/to see him face to face

Ephesians 1vv11-12 [The Message]

It's in Christ that we find out who we are and what we are living for. Long before we first heard of Christ and got our hopes up, he had his eye on us, had designs on us for glorious living, part of the overall purpose he is working out in everything and everyone.

Christian Hope is Based On:

- A person not a position
- A promise not a premise
- Provision, not production

For more on this see Romans 5vv1-5 and listen to the sermon from the week of January 11th called "The Ecosystem of Hope."

Micro/Subjective Hope

Where are you looking for hope?

I want to see change in this area of my life:

Hebrews 6 [The Message]

When God made his promise to Abraham, he backed it all the way, putting his own reputation on the line. He said, "I promise that I'll bless you with everything I have—

bless and bless and bless!” Abraham stuck it out and got everything that had been promised to him. When people make promises, they guarantee them by appeal to some authority above them so that if there is any question that they’ll make good on the promise, the authority will back them up. When God wanted to guarantee his promises, he gave his word, a rock-solid guarantee—God can’t break his word. And because his word cannot change, the promise is likewise unchangeable. We who have run for our very lives to God have every reason to grab the promised hope with both hands and never let go. It’s an unbreakable spiritual lifeline, reaching past all appearances right to the very presence of God where Jesus, running on ahead of us, has taken up his permanent post as high priest for us, in the order of Melchizedek.

Hope As A Theory Of Change

Social Science Of Hope:

Hope involves:

- Goals
- Will
- Pathways

From Hope Rising: How The Science of Hope Can Change Your Life by Casey Gwynn Chan Hellmann:

Hope is not just an idea. Hope is not simply an emotion. It is far more than a feeling. It is not a wish or even an expectation. Hope is about goals, willpower, and pathways. A person with high hope has goals, the motivation to pursue them, and the determination to overcome obstacles and find pathways to achieve them. Hope is a science with identifiable, measurable elements. It is measurable and it is malleable. You can give your level of hope (goals, willpower, and pathways) in life a “score” and measure it in others as well. Then, you can increase your Hope score by intentional strategies. Rising hope is predictive of short-term and long-term positive outcomes in people’s lives. If you apply the science of hope to your life, it will change you. If you embrace the language of hope, you will talk differently, act more intentionally, and live your life with greater purpose than you ever have before.

Dallas Willard uses the terminology of Vision, Intention, Means. You can find an extended deep-dive into Willard’s model in three talks he gave at a church in Scotland:
<https://dwillard.org/resources/audio/v-i-m-renovation-of-the-heart>

Habits Of Hope

1. Narration/Storytelling

Byun Chul Han- Hope is eloquent. It narrates. Fear, by contrast, is incapable of speech, incapable of narration.

The Orbitofrontal Cortex- The brain’s mapmaker. For more see the book “A Brain’s Guide To Reading the Gospels” by Tim Schoenfeld.

2. Thanksgiving/Feasting

Fall in love with the future.

Revelation 19vv6-9

6 Then I heard what seemed to be the voice of a great multitude, like the sound of many waters and like the sound of mighty thunderpeals, crying out,
“Hallelujah!

For the Lord God
the Almighty reigns.

7

Let us rejoice and exult
and give him the glory,
for the marriage of the Lamb has come,
and his bride has made herself ready;

8

to her it has been granted to be clothed
with fine linen, bright and pure” —
for the fine linen is the righteous deeds of the saints.

9 And the angel said to me, “Write this: Blessed are those who are invited to the marriage supper of the Lamb.” And he said to me, “These are true words of God.

3. Community/Friendship

Ephesians 2vv14-22

14 For he is our peace; in his flesh he has made both into one and has broken down the dividing wall, that is, the hostility between us, 15 abolishing the law with its commandments and ordinances, that he might create in himself one new humanity in place of the two, thus making peace, 16 and might reconcile both to God in one body through the cross, thus putting to death that hostility through it. 17 So he came and proclaimed peace to you who were far off and peace to those who were near, 18 for through him both of us have access in one Spirit to the Father. 19 So then, you are no longer strangers and aliens, but you are fellow citizens with the saints and also members of the household of God, 20 built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone; 21 in him the whole structure is joined together and grows into a holy temple in the Lord, 22 in whom you also are built together spiritually into a dwelling place for God.

Byun Chul Han- Hope does not isolate people; it unites and reconciles them. The subject of hope is a We.

4. Prayer/Fasting

Luke 11vv9-13

9 “So I say to you, Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you. 10 For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. 11 Is there anyone among you who, if your child asked for a fish, would give a snake instead of a fish? 12 Or if the child asked for an egg, would give a scorpion? 13 If you, then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy

Spirit to those who ask him!”

Martin Luther King, Jr: A mass movement exercising nonviolence is an object lesson in power under discipline.

5. Giving/Sowing Seeds

Galatians 6vv7-10

7 Do not be deceived; God is not mocked, for you reap whatever you sow. 8 If you sow to your own flesh, you will reap corruption from the flesh, but if you sow to the Spirit, you will reap eternal life from the Spirit. 9 So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. 10 So then, whenever we have an opportunity, let us work for the good of all and especially for those of the family of faith.

Jurgen Moltmann, A Theology of Hope-Christian hope does not lead to idle passivity. Rather, it pushes people to action by stimulating them to imagine new ways of acting, and by arousing ‘inventiveness ... in breaking with the old and coming to terms with the new’.