



**FREEDOM FOR MEN • New Heart • New Mind • New Life**  
*Trusted, experienced, faith-based men helping men find hope and freedom!*

**Chapter 3: Choosing HOPE in the midst of discouragement.**

**Week 11: Where and how do you find Hope in the struggle, and for your future?**

**Video: Braveheart**

[Click here to watch a video clip in our Vimeo account.](#)

**Video: Cinderella Man**

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**Theme verse: *May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*** – Romans 15:13

Word of the Week: **Hope**

**Quote: “By accepting you as you are, I do not necessarily abandon all hope of your improving.”** – Ashleigh Brilliant

**John Eldredge: “Taking a bribe, letting yourself be bought off, accepting flattery in exchange for some sort of loyalty, is sabotage. Refusing to confront an issue because if you keep quiet you’ll get a promotion or be made an elder or keep your job corrupts you down deep.”**

**Highlight Song: Hope, Jonathan Traylor**

[Click here to watch in our Vimeo account.](#)

## Word of the Week: Hope

### Dictionary:

noun

- the feeling that what is wanted can be had or that events will turn out for the best: *to give up hope.*

- a particular instance of this feeling: *the hope of winning.*

verb hoped, hoping.

- to look forward to with desire and reasonable confidence.

- to believe, desire, or trust: *I hope that my work will be satisfactory.*

- to feel that something desired may happen: *We hope for an early spring.*

**Quotes: “By accepting you as you are, I do not necessarily abandon all hope of your improving.”** – Ashleigh Brilliant

**“May your choices reflect your hopes, not your fears.”** – Nelson Mandela.

**“Hope sees the invisible, feels the intangible, and achieves the impossible.”** – Helen Keller

**“Hope is being able to see that there is light despite all of the darkness.”**  
– Desmond Tutu

**“Where there is discord may we bring harmony. Where there is error, may we bring truth. Where there is doubt, may we bring faith. Where there is despair, may we bring hope.”** – Francis of Assisi

**“Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.”**  
– Dale Carnegie.

**“The real hope is not in something we think we can do, but in God, who is making something good out of it in some way we cannot see.”**  
– Thomas Merton.

**“When you do nothing you feel overwhelmed and powerless. But when you get involved you feel the sense of hope and accomplishment that comes from knowing you are working to make things better.”**  
– Maya Angelou

**Bible: Proverbs 10:28**

The prospect of the righteous is joy, but the **hopes** of the wicked come to nothing.

**Proverbs 24:14**

Know also that wisdom is like honey for you: If you find it, there is a future **hope** for you, and your **hope** will not be cut off.

**Ecclesiastes 9:4**

Anyone who is among the living has **hope**—even a live dog is better off than a dead lion!

**Romans 8:24-25**

For in this **hope** we were saved. But **hope** that is seen is no **hope** at all. Who **hopes** for what they already have? But if we **hope** for what we do not yet have, we wait for it patiently.

**Romans 15:13**

May the God of **hope** fill you with all joy and peace as you trust in him, so that you may overflow with **hope** by the power of the Holy Spirit.

**Galatians 5:5**

For through the Spirit we eagerly await by faith the righteousness for which we hope.

**Ephesians 1:18**

I pray that the eyes of your heart may be enlightened in order that you may know the **hope** to which he has called you, the riches of his glorious inheritance in his holy people,

**Philippians 1:20**

I eagerly expect and **hope** that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death.

**Hebrews 10:23**

Let us hold unwaveringly to the **hope** we profess, for he who promised is faithful.

**1 John 3:3**

All who have this **hope** in him purify themselves, just as he is pure.