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Bubbling Over With Hope
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When the Holy Spirit is moving in a certain area, the flow will continue to minister to each of us in whatever area of our lives that we are needing a word of encouragement from the Lord. We have learned the importance of having joy in our lives, today we are learning about the hope that comes as a result of having that joy.

Paul is writing to the Romans as believers of what a victorious normal Christian life should be, bubbling over with hope, joy and peace.

Because we have a challenge while living here on earth, there are two different ways of living, we have a choice, one is we have an enemy, he comes only with one purpose to kill, steal and destroy. Our second choice is because of Jesus coming, His purpose is to give life and have that more abundantly until it overflows. If we are in Jesus, we see what it is that He has for us, a life that is full of hope.

Rom 15:13 "May the God of your hope so fill you with all joy and peace in believing [through the experience of your faith] that by the power of the Holy Spirit you may abound *and* be overflowing (bubbling over) with hope." AMP

John 10:10 "The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows)." AMP

John 15:7 "If you live in Me [abide vitally united to Me] and My words remain in you *and* continue to live in your hearts, ask whatever you will, and it shall be done for you." AMP

A testimony of being attack with a spirit of hopelessness was shared, how because of depression in the past, the Holy Spirit uses examples of what causes depression. 1) past failures 2) present circumstances or struggles 3) future predictions. Depression is a spirit that has to be recognized and dealt with using the power of the name of Jesus. When a person is depressed they are the only one that can win the battle, no one else can take it on.

The enemy will bring up all the instances of the past, reminding us what has happened, making us question ourselves about the present and the future. His aim is to push us into depression. Depression is hopelessness. Our thought life determines our emotions. Depression always presses you down, anytime the enemy is close to you, you will feel oppression or depression. You will never experience depression in the presence of the Holy Spirit, the joy that was deposited on the inside of you when you were born again, is in there, it is one of the fruit of the spirit. Hope produces joy, hopelessness produces depression, depression steals joy, when you get hope you will get joy.

Depression means a sinking of the spirits; dejection; a state of sadness; want of courage or animation; as depression of the mind. A low state of strength. Depression sucks the joy out of your spirit; hope from your soul and strength from your body. But the word tells us that the joy of the Lord is our strength.

Neh 8:10 "Then [Ezra] told them, Go your way, eat the fat, drink the sweet drink, and send portions to him for whom nothing is prepared; for this day is holy to our Lord. And be not grieved and depressed, for the joy of the Lord is your strength and stronghold." AMP

Hope is not an absence of faith, the bible hope is a magnificent quality. When we are hopeful, we are fully expecting a desire of some good, accompanied with at least a slight expectation of obtaining it, or a belief that it is obtainable. Hope differs from wish and desire in this, that it implies some expectation of obtaining the good desired, or the possibility of possessing it. Hope therefore

always gives pleasure or joy, whereas wish and desire may produce or be accompanied with pain and anxiety.

Hope based on faith in God's promises not circumstances. All the things that God has promised are in the spiritual realm, but we live in the natural realm. There is a bridge that is called faith, hope is the support system that enables our faith to be active, bringing us the things we have believed for. When we quit expecting answers to our prayers, our faith dissolves and disappears, our hope is gone. Faith produces hope, hope fuels faith. Hope is a big part of our believing. When we are believing for something, we must have a clear cut goal, know exactly what we are praying for, can't be just wishing that something will happen. Get a confirmation from God that we have it, there is an interchange in our spirit where the word is planted, knowing that we have our desire before we see it.

Heb 11:1 "Now faith is the assurance (the confirmation, the title deed) of the things [we] hope for, being the proof of things [we] do not see *and* the conviction of their reality [faith perceiving as real fact what is not revealed to the senses]." AMP

"A man or woman gets exactly what they are believing for, nothing more nothing less." quote from Bro. Kenneth Hagin

When our hope begins to die what do we do? Abraham had been promised that he and Sarah would have a child, there was a lot of deadness going on in their lives but he refused to look at the deadness, God had promised and that was the way it would be. Abraham did not consider the circumstances, he just knew that God had promised and that God's word was true, he grew strong by faith, when he praised and gave to glory to God. He was fully expecting to have the fulfillment of the promise. He spoke the promise, they would have a child.

Rom 4:17-21 "As it is written, I have made you the father of many nations. [He was appointed our father] in the sight of God in Whom he believed, Who gives life to the dead and speaks of the nonexistent things that [He has foretold and promised] as if they [already] existed. 18 [For Abraham, human reason for] hope being gone, hoped in faith that he should become the father of many nations, as he had been promised, So [numberless] shall your descendants be. 19 He did not weaken in faith when he considered the [utter] impotence of his own body, which was as good as dead because he was about a hundred years old, or [when he considered] the barrenness of Sarah's [deadened] womb. 20 No unbelief *or* distrust made him waver (doubtingly question) concerning the promise of God, but he grew strong *and* was empowered by faith as he gave praise *and* glory to God, 21 Fully satisfied *and* assured that God was able *and* mighty to keep His word *and* to do what He had promised." AMP

As hope begins to fade, speak the promises out loud if possible, reminding God of His promises to you, the works of your hands and the desires of your heart. Your words are the most powerful force in your lives. Words are of utter most importance to the operation of the realm of the supernatural.

Rom 10:9-10 "Because if you acknowledge *and* confess with your lips that Jesus is Lord and in your heart believe (adhere to, trust in, and rely on the truth) that God raised Him from the dead, you will be saved. 10 For with the heart a person believes (adheres to, trusts in, and relies on Christ) and so is justified (declared righteous, acceptable to God), and **with the mouth he confesses (declares openly and speaks out freely his faith) *and* confirms [his] salvation.*" AMP

When we are battling for our hope or faith or for something that the enemy is trying to steal from us, we better say the right things, watch our words, because our words will deliver us or our words will bind us up. How were we able to get born again? the word says that we believed in our hearts that God raised Jesus from the dead and we **spoke with our mouth.*

Pro 15:15 "All the days of the desponding *and* afflicted are made evil [by anxious thoughts and forebodings], but he who has a glad heart has a continual feast [regardless of circumstances]." AMP

We are the witnesses that people are looking at and we should appear to them bubbling over with life, peace and joy.