

Finding Hope for My Future

from *A Confident Heart* by Renee Swope

Chapter 4

Message Notes

Although we can't go back and change circumstances or relationships that have wounded us, God does want us to go back and _____ our pain with _____ so He can heal our _____ and give us _____.

When we don't deal with pain from our _____, they can actually creep into our _____ and keep us from experiencing all that God has for our _____.

Renee's Story

My parents divorced when I was really young and it left me feeling broken and sad. Yet, I'd never grieved the happily-ever-after I longed and didn't have. And all those unfulfilled _____ led to bitter _____.

God's Promise

"For I know the plans I have for you," declares the LORD "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11

I discovered there is a premise that follows the promise in Jeremiah 29. After God declares He knows the plans He has for us, He says:

"Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. And I will lead you out of captivity." (v.12-13)

The Premise that Leads to His Promise

Ask the Holy Spirit to remind you of experiences and relationships that have wounded you, what affects they'd had on you, how far from God they took you and how they had hurt you and others.

Take time to... respond to what God is showing you. Time to seek God for your security and hope by letting Him be _____ (what do you need Him to be for you?)

A side note from Renee (not in the video)

Sometimes there are things that bother us and have for years. Like what was going on in my marriage. But we don't know why. Yet they can be destructive and lead us into captivity to negative emotions such as doubt, anger, fear, etc. Jeremiah 29: 12-13 reminds us that God wants us to call on Him, to come and pray to Him, to seek Him with all our hearts so that He can show us what is going on and lead us out of captivity and into a place of healing and hope. Here's a starting place for the process:

What are some of those things that you need to process with God? Are there things from the past that are holding you back from His plans for your future?

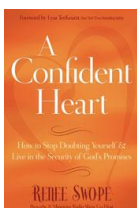
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When we allow Jesus to _____ our hearts and bring His _____ into our pain, _____ comes. Whether it is the pain from our yesterdays or hurts from our todays, when we give Jesus _____ to pour His truth into our _____, His love flows into our pain and makes us _____ again.

Closing Thoughts:

As we process the pain of our yesterdays and live through the disappointments of our todays, *doubts may still creep up, threatening to steal our hope. But each time that happens, we can stop and _____ GOD in that place. We can ask Him to _____ US His purpose by revealing what is _____ about who we are and what we've been through to make us start doubting."*

Then we can ask Him to help us re-define our future, not through the filter of our past and pain, but through the power of His life-giving truth. And do you know what happens when we do that moment by moment, day by day, doubt by doubt? God tells us in Jeremiah 29:14, *"I will be found by you..."* We find the One who longs to lead us out of captivity to our doubts into a place of freedom and hope!



If this message resonated with your heart, you can find more in depth teaching on this topic and so much more in my book *A Confident Heart*. [Download a FREE chapter](#) or [purchase a copy here](#). I'd also love share more [free resources](#) with you on my interactive website at www.ReneeSwope.com.