

**Handling Hardship with Hope  
No Regrets, February 5, 2011  
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**Scripture Passages**

Note: most of these will be referenced in the course of the talk, but all are useful to read further after the workshop is done.

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**John 16:33**

“I have said these things to you, that in me you may have peace. In this world you will have tribulation. But take heart; I have overcome the world.”

**1 Peter 4:12-13**

**12**Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you. **13**But rejoice insofar as you share Christ’s sufferings, that you may also rejoice and be glad when his glory is revealed.

**Psalm 39:7**

And now, O Lord, for what do I wait? My hope is in you.

**Psalm 20:7**

Some trust in chariots and some in horses,  
but we trust in the name of the LORD our God.

**Philippians 4:4-9**

Rejoice in the Lord always; again I will say, Rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me--practice these things, and the God of peace will be with you.

**Psalm 34:18**

The LORD is near to the brokenhearted  
and saves the crushed in spirit.

**Psalm 147:3**

He heals the brokenhearted  
and binds up their wounds.

**Matthew 11:28-30**

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

**Isaiah 45:6b-7**

I am the LORD, and there is no other.  
I form light and create darkness,  
I make well-being and create calamity,  
I am the LORD, who does all these things.

**Isaiah 46:9b-11**

For I am God, and there is no other;  
I am God, and there is none like me,  
declaring the end from the beginning  
and from ancient times things not yet done,  
saying, “My counsel shall stand,  
and I will accomplish all my purpose,”  
...I have spoken, and I will bring it to pass;  
I have purposed, and I will do it.

**Isaiah 55:8-9**

For my thoughts are not your thoughts,  
neither are your ways my ways, declares the LORD.  
For as the heavens are higher than the earth,  
so are my ways higher than your ways  
and my thoughts than your thoughts.

**Ephesians 1:11**

God is described as the One “who works all things according to the counsel of his will.”

**Psalm 62:11-12**

Once God has spoken;  
twice have I heard this:  
that power belongs to God,  
and that to you, O Lord,  
belongs steadfast love.

**Genesis 50:20a**

As for you, you meant evil against me, but God meant it for good....

**Romans 8:28**

And we know that for those who love God all things work together for good, for those who are called according to his purpose.

**James 1:2-4**

Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

**Romans 5:1-5**

Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

**2 Corinthians 4:17-18**

For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.

**Revelation 21:4**

He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning nor crying nor pain anymore, for the former things have passed away.

**Psalms 42:5, 11, 43:5**

Why are you cast down, O my soul,  
and why are you in turmoil within me?  
Hope in God; for I shall again praise him,  
my salvation and my God.

**Psalms 130:5**

I wait for the LORD, my soul waits,  
and in his word I hope.

**Psalms 146:5**

Blessed is he whose help is the God of Jacob,  
whose hope is in the LORD his God.

**Psalms 147:11**

But the LORD takes pleasure in those who fear him,  
in those who hope in his steadfast love.

**Lamentations 3:21-24**

But this I call to mind,  
and therefore I have hope:  
The steadfast love of the LORD never ceases;

his mercies never come to an end;  
they are new every morning;  
great is your faithfulness.  
“The LORD is my portion,” says my soul,  
“therefore I will hope in him.”

**Romans 15:13**

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.