

WALKING TOWARD ETERNITY  
ENGAGING THE STRUGGLES OF YOUR HEART  
**BIBLE REFERENCES**  
**SESSION 8 - ENGAGING YOUR HOPELESSNESS**

**SESSION 8 - DAY 1 - The Problem of Hopelessness**

**Question 2**

**2a) Lamentations 3:17-18**

My life is deprived of peace, I have forgotten what happiness is;

**2b) Job 7:6-7**

6 My days are swifter than a weaver's shuttle; they come to an end without hope. 7 Remember that my life is like the wind; my eye will not see happiness again.

**2c) Ecclesiastes 2:20-21**

20 So my heart turned to despair over all the fruits of my toil under the sun. 21 For here is one who has toiled with wisdom and knowledge and skill, and that one's legacy must be left to another who has not toiled for it. This also is vanity and a great evil.

**2d) Ephesians 2:12**

were at that time without Christ, alienated from the community of Israel and strangers to the covenants of promise, without hope and without God in the world.

**Optional Further Reading**

**a) Psalms 69:20**

You know my reproach, my shame, my disgrace; before you stand all my foes.

**b) Ezekiel 7:27**

The king mourns, the prince is terror-stricken, the hands of the common people tremble. I will deal with them according to their ways, and according to their judgments I will judge them. They shall know that I am the LORD.

**c) Psalms 33:17**

Useless is the horse for safety; despite its great strength, it cannot be saved.

**SESSION 8 - DAY 2 - God's Answer to Hopelessness**

**Question 2**

**2a) Jeremiah 29:11**

For I know well the plans I have in mind for you—oracle of the LORD—plans for your welfare and not for woe, so as to give you a future of hope.

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**2b) Romans 5:1-2, 5**

1 Therefore, since we have been justified by faith, we have peace\* with God through our Lord Jesus Christ, 2 through whom we have gained access [by faith] to this grace in which we stand, and we boast in hope of the glory of God.

5 and hope does not disappoint, because the love of God has been poured out into our hearts through the holy Spirit that has been given to us.

**2c) Romans 15:4**

For whatever was written previously was written for our instruction, that by endurance and by the encouragement of the scriptures we might have hope.

**2d) Titus 2:11-14**

11 For the grace of God has appeared, saving all 12 and training us to reject godless ways and worldly desires and to live temperately, justly, and devoutly in this age, 13 as we await the blessed hope, the appearance of the glory of the great God and of our savior Jesus Christ, 14 who gave himself for us to deliver us from all lawlessness and to cleanse for himself a people as his own, eager to do what is good.

**Optional Further Reading**

**a) Hosea 2:15**

I will punish her for the days of the Baals, for whom she burnt incense, When she decked herself out with her rings and her jewelry, and went after her lovers—but me she forgot—oracle of the LORD.

**b) 2 Corinthians 4:8-10**

8\* We are afflicted in every way, but not constrained; perplexed, but not driven to despair; 9 persecuted, but not abandoned; struck down, but not destroyed; 10 always carrying about in the body the dying of Jesus, so that the life of Jesus may also be manifested in our body.

**c) Romans 8:24**

For in hope we were saved. Now hope that sees for itself is not hope. For who hopes for what one sees?

**d) Psalms 9:18**

To Sheol the wicked will depart, all the nations that forget God.

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**SESSION 8 - DAY 3 - Engaging Your Hopelessness**

**Question 1**

**1a) Psalms 33:18-23**

18 Behold, the eye of the LORD is upon those who fear him, upon those who count on his mercy, 19 To deliver their soul from death, and to keep them alive through famine. 20 Our soul waits for the LORD, he is our help and shield. 21 For in him our hearts rejoice; in his holy name we trust. 22 May your mercy, LORD, be upon us; we put our hope in you. [*there is no 23 in the NAB*]

**1b) Psalms 42:5-6**

5 Those times I recall as I pour out my soul, When I would cross over to the shrine of the Mighty One, to the house of God, Amid loud cries of thanksgiving, with the multitude keeping festival. 6 Why are you downcast, my soul; why do you groan within me? Wait for God, for I shall again praise him, my savior and my God.

**1c) Ecclesiastes 9:4**

For whoever is chosen among all the living has hope: "A live dog is better off than a dead lion."

**1d) 2 Corinthians 4:16-18**

16 Therefore, we are not discouraged; rather, although our outer self is wasting away, our inner self is being renewed day by day. 17 For this momentary light affliction is producing for us an eternal weight of glory beyond all comparison, 18 as we look not to what is seen but to what is unseen; for what is seen is transitory, but what is unseen is eternal.

**Question 2**

**Luke 24:13-35**

13 Now that very day two of them were going to a village seven miles\* from Jerusalem called Emmaus, 14 and they were conversing about all the things that had occurred. 15 And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, 16<sup>i</sup> but their eyes were prevented from recognizing him. 17 He asked them, "What are you discussing as you walk along?" They stopped, looking downcast. 18 One of them, named Cleopas, said to him in reply, "Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?" 19 And he replied to them, "What sort of things?" They said to him, "The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, 20 how our chief priests and rulers both handed him over to a sentence of death and crucified him. 21 But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place. 22 Some women from our group, however, have astounded us: they were at the tomb early in the morning 23 and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive. 24 Then some of those with us went to the tomb and found things just as the women had described, but him they did not see." 25 And he said to them, "Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! 26 Was it not necessary that the Messiah should suffer\* these things and enter into his glory?" 27 Then beginning with Moses and all the prophets, he interpreted to them what referred to him in

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all the scriptures. 28 As they approached the village to which they were going, he gave the impression that he was going on farther. 29 But they urged him, "Stay with us, for it is nearly evening and the day is almost over." So he went in to stay with them. 30 And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. 31 With that their eyes were opened and they recognized him, but he vanished from their sight. 32 Then they said to each other, "Were not our hearts burning [within us] while he spoke to us on the way and opened the scriptures to us?" 33 So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them 34 who were saying, "The Lord has truly been raised and has appeared to Simon!" 35 Then the two recounted what had taken place on the way and how he was made known to them in the breaking of the bread.

**Optional Further Reading**

**a) Psalms 25:15**

My eyes are ever upon the LORD, who frees my feet from the snare.

**b) Romans 4:18**

He believed, hoping against hope, that he would become "the father of many nations," according to what was said, "Thus shall your descendants be."

**c) Proverbs 24:14**

Such, you must know, is wisdom to your soul. If you find it, you will have a future, and your hope will not be cut off.

**d) Acts 27:20-25**

20 Neither the sun nor the stars were visible for many days, and no small storm raged. Finally, all hope of our surviving was taken away. 21 When many would no longer eat, Paul stood among them and said, "Men, you should have taken my advice and not have set sail from Crete and you would have avoided this disastrous loss. 22 I urge you now to keep up your courage; not one of you will be lost, only the ship. 23 For last night an angel of the God to whom (I) belong and whom I serve stood by me 24 and said, 'Do not be afraid, Paul. You are destined to stand before Caesar; and behold, for your sake, God has granted safety to all who are sailing with you. 25 Therefore, keep up your courage, men; I trust in God that it will turn out as I have been told.

**e) 2 Corinthians 4:1**

Therefore, since we have this ministry through the mercy shown us, we are not discouraged.