



## Sermon Notes

Embracing Hope Part 36 – Hoping in Truth  
October 25, 2020

**Second-guessing robs us of joy, hope, and peace.**

What would life look like without second guessing?

**Second guessing is caused by a lack of self-confidence.**

*"Second-guessing is often caused by not trusting ourselves. Self-doubt can happen as a result of critical parents, perfectionist tendencies, low self-confidence or pessimistic thinking."*

*Sandra Bienkowski*

**We do not have the ability to self-correct.**

**We can only change our behavior. We can't change who we are.**

**Our only hope in healing from insecurity and second-guessing is God's truth.**

**God's truth is infallible and immutable.**

**There is no such thing as progressive Christianity.**

**God never said His truth would always be popular!**

Hebrews 4:12

*12 For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.*

**There is nothing more relevant than God's truth!**

**God's truth corrects us, teaches us, guides us, and gives us hope!**

Psalms 25:5

*5 Guide me in your truth and teach me,  
for you are God my Savior,  
and my hope is in you all day long.*

1 John 3:19-21

*19 This is how we know that we belong to the truth and how we set our hearts at rest in his presence: 20 If our hearts condemn us, we know that God is greater than our hearts, and he knows everything. 21 Dear friends, if our hearts do not condemn us, we have confidence before God*

**I am who I am because of Whose I am.**



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**God's truth sets our hearts at rest in His presence.**

Psalm 18:30

*30 As for God, his way is perfect:*

*The Lord's word is flawless;*

*he shields all who take refuge in him.*

1 John 3:19-21 Message Version:

*It's also the way to shut down debilitating self-criticism, even when there is something to it. For God is greater than our worried hearts and knows more about us than we do ourselves. And friends, once that's taken care of and we're no longer accusing or condemning ourselves, we're bold and free before God!*

**God's truth sets me free!**

John 8:32

*32 Then you will know the truth, and the truth will set you free.*

**Truth itself won't do anything until we know it.**

**We cannot know God's truth without spending time in His Word and in prayer.**

**Truth does not set us free by osmosis.**

Osmosis: a subtle or gradual absorption or mingling

Jeremiah 1:5

*5 "Before I formed you in the womb I knew you...*

**God's truth is our source of hope!**



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