

WAVE

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Table of Contents

Part 1 - Life Without Hope	5
Why Am I Feeling So Hopeless?	5
Identity Crisis	9
Hope in God	15
Left Behind (dealing with Suicide)	25
Part 2 - Where to Find Hope	33
Jesus Christ	35
The Scriptures	43
Part 3 - Hope for Everyone	51
Hope for the Broke	52
Hope for the Brokenhearted	55
Hope for the Bound	59
Hope for the Blind	64
Hope for the Bruised	68
Part 4 -	
What If I Still Don't Feel Hopeful?	73

Hope for the BRUISED

Sometimes in life, something so drastic happens, and you wonder if there is any way to put back the pieces.

According to Luke 4:18, Jesus came to “*set at liberty them that are bruised.*” In other words, He came to set you free from the life-shattering experiences that have hurt you and hold you back.

Those bruises are not surface wounds, they are deep, so deep that, even when they seem to be healing, any little thing brings them right back up into view again. Those bruises are caused by our sins and the sins of others; they include loss and loneliness, hurts, habits, and hang-ups that wound us for life

...or so we think.

Healing

Forgiveness holds the secret to healing. Forgiveness *for* you. Forgiveness *through* you. The way that Christ wants to set you free is through forgiveness. He wants you to know that you are forgiven and that, in Him, you can forgive anyone for anything.

Psalm 142 captures David's prayer in the most hopeless of circumstances. By no fault of his own, His life was being shattered by King Saul (the man he was supposed to replace). There was no possible way that all the pieces could be put back together... it seemed hopeless, yet he trusted in God to do the impossible. And God did.

Whatever happened to you that left you bruised, shattered, abandoned, abused — God was there in that moment. He did not leave you alone. Without God, almost everything is hopeless. But with Him... well that changes everything!

Let It Sink In

Do you remember what happened on Oct. 2, 2006? A man carrying a 9mm, a 12-gauge shotgun, and a .30-06 rifle entered the West Nickel Mines School in Lancaster County, Pennsylvania, and shot 10 Amish school-girls. He executed five, wounded five others, then killed himself.

Yet the thing that consumed the media in weeks following was not the evil of this man, but the forgiveness of the families. How could a parent forgive a person for taking the life of his beautiful girl? Right now, as I look on, I wonder if I could do that. I seriously doubt if I could. Only God gives that kind of grace — when it's needed most. Only God can put back the pieces of a shattered life and bring that kind of healing.

The rest of the story: eleven days later, the old schoolhouse was bulldozed and they began construction on a new one-room schoolhouse erected in its place.

The New Hope School in Paradise, PA, now stands as a reminder of the hope that only forgiveness brings.

Too often, we hear that we are forgiven, yet we still try to live indebted and attempting to pay what we owe. Stop and re-read that. We still try living indebted instead of free.

Jesus told the story of an account-manager who went out — even after being forgiven of the \$15 million he owed — and demanded the \$5,000 from his employee. He was still living as if he owed his boss, under the pressure of obligation. He never fully accepted the freedom of the forgiveness offered.⁶⁷

Until forgiveness really sinks in, we will still live under guilt and try to make others feel the same way! Where are you right now... living free or still feeling under the weight of trying to pay something / somebody back?

⁶⁷ Matthew 18:21-35

Are You Thirsty?

John 4 records the story of a woman with a shattered life confronted by the Living Water. She was thirsty, He was the Drink. I love what Jesus said: *If you only knew Who I am and What I will do to you, you would ask me right now for a drink. And this drink will completely satisfy you and those who you share it with!*⁶⁸

You are invited to drink a healing drink of water that will turn into an unending supply of healing water for others.⁶⁹

Come and drink.

Drink and be satisfied.

Drink and be healed.

Drink and share with the bruised
so they may be healed, too.

⁶⁸ John 4:10, 14, my paraphrase

⁶⁹ John 7:38