



Living In Hope

Series: "Living The Good Life", Part 3 of 6

Sunday, August 3, 2025

Text: Romans 8:18-25

Big Idea: Hope is essential for a meaningful and satisfying life.

1. What Is The Definition Of Hope?

Wikipedia defines hope like this: "Hope is an optimistic state of mind that is based on an expectation of positive outcomes."

My definition: "Hope is a confident expectation of future good that's rooted in God's faithfulness and promises."

Romans 4:18, "Against all hope, Abraham in hope believed and so became the father of many nations, just as it had been said to him, 'So shall your offspring be.'"

2. Why Should I Have Hope For The Future?

Romans 8:18, "I consider that our present sufferings are not worth comparing with the glory that will be revealed in us."

"Traditional views on the most intense physical pain have often highlighted conditions like childbirth and kidney stones. However, recent studies and expert consensus point to other conditions causing even more excruciating pain.

According to a 2020 study, cluster headaches are considered the most painful condition, receiving an average pain score of 9.7 out of 10 from patients surveyed. For comparison, childbirth rated at 7.2, and kidney stones at 6.9 in the same study."

Romans 8:19, "The creation waits in eager expectation for the sons of God to be revealed."

Romans 8:20, "For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope."

Romans 8:22, “We know that the whole creation has been groaning as in the pains of childbirth right up to the present time.”

Romans 8:21b, “The creation itself will be liberated from its bondage to decay and brought into the glorious freedom of the children of God.”

3. Three Realities That Should Foster Buoyant Hope In Every True Believer.

A. We already have the firstfruits of the Spirit.

Romans 8:23a, “Not only so, but we ourselves, who have the firstfruits of the Spirit ...”

B. The promise of adoption.

Romans 8:23a, “Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption as sons.”

C. The promise of the redemption of our physical body.

Romans 8:23b, “We wait eagerly for our adoption as sons, the redemption of our bodies.”

4. Hope Strengthens Us To Wait Patiently.

Romans 8:24-25, “For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what he already has? 25 But if we hope for what we do not yet have, we wait for it patiently.”