

*Hebrews 6 (ESV)*

*13 For when God made a promise to Abraham, since he had no one greater by whom to swear, he swore by himself, 14 saying, "Surely I will bless you and multiply you." 15 And thus Abraham, having patiently waited, obtained the promise. 16 For people swear by something greater than themselves, and in all their disputes an oath is final for confirmation. 17 So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose,*

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*he guaranteed it with an oath, 18 so that by two unchangeable things, in which it is impossible for God to lie, we who have fled for refuge might have strong encouragement to hold fast to the hope set before us. 19 We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner place behind the curtain, 20 where Jesus has gone as a forerunner on our behalf, having become a high priest forever after the order of Melchizedek.*

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Theme

Hope in Jesus anchors caregivers in God's promises and holds through every storm.

3

Introduction

- Caregiving can feel like a long, unpredictable journey.
- Some days are calm; others feel overwhelming.
- But God gives us something strong to hold onto: hope.
- Not wishful thinking, but a steady, unshakeable confidence in His promises.
- Hebrews 6 reminds us that God's promises are guaranteed by His own character & that hope in Jesus becomes an anchor for our souls.

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Hope That Sustains
<ul style="list-style-type: none"> <li>• Caregiving brings real challenges - fatigue, grief, uncertainty &amp; emotional weariness.</li> <li>• But Scripture reminds us that hope is not fragile; it is fuel for the journey.</li> <li>• Hope gives us something to rejoice in even when circumstances don't change.</li> </ul>

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Hope That Sustains
<ul style="list-style-type: none"> <li>• God's hope never leaves us empty.</li> <li>• It lifts our eyes above the moment and reminds us that God is still working.</li> </ul> <p><b><i>12 Rejoice in hope, be patient in tribulation, be constant in prayer. (Romans 12:12 ESV)</i></b></p>

7

Hope That Sustains
<ul style="list-style-type: none"> <li>• God's hope never leaves us empty.</li> <li>• Even when caregiving feels heavy, God pours His love into our hearts and strengthens us from within.</li> </ul> <p><b><i>5 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. (Romans 5:5 ESV)</i></b></p>

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### Hope That Sustains

- When we feel overwhelmed, God becomes our safe place.
- He is not distant- He is present, protecting, guiding & holding us steady.

***1 God is our refuge and strength, a very present help in trouble. (Psalm 46:1 ESV)***

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### Hope That Sustains

- Waiting is hard, especially when caregiving feels urgent.
- But waiting on God is active trust - believing He will give what we need at the right time.

***14 Wait for the Lord; be strong, and let your heart take courage; wait for the Lord! (Psalm 27:14 ESV)***

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### Hope That Sustains

- Hope in Jesus keeps us from drifting emotionally or spiritually - When the waves rise, the anchor holds.
- Hope doesn't remove the storm, but it keeps us from being swept away by it.

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**You can**  
**trust god's**  
**PROMISES**

12

### You Can Trust God's Promises

- Caregivers need something solid to stand on.
- God's promises are not guesses or possibilities - They are guaranteed by His faithfulness.
- God was faithful to Abraham, to David, to the early church & He is faithful to us today.

***90 Your faithfulness endures to all generations; you have established the earth, and it stands fast.  
(Psalm 119:90 ESV)***

13

### You Can Trust God's Promises

- Caregiving can feel lonely, but God promises His constant presence.
- We are never carrying this load alone.

***5 Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you." (Hebrews 13:5 ESV)***

14

### You Can Trust God's Promises

- Even when life feels uncertain, God's plans for us include hope, purpose & His good work in our life.

***11 For I know the plans I have for you, declares the Lord, plans for welfare[a] and not for evil, to give you a future and a hope. (Jeremiah 29:11 ESV)***

15

### You Can Trust God's Promises

- God gives strength to the weary.
- He renews us day by day, sometimes moment by moment.

***31 but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.  
(Isaiah 40:31 ESV)***

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### You Can Trust God's Promises

- God weaves even the hardest caregiving moments into His larger story of redemption.

***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. (Romans 8:28 ESV)***

- God's promises are not based on how strong we feel - they are based on how faithful He is.

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### Hope Lights the Way

- Caregiving often includes moments of sadness, grief, or confusion.
- But God's hope shines into those places with gentle, steady light.
- Darkness cannot overcome the light of Jesus.
- His presence brings clarity, comfort & peace.

19

### Hope Lights the Way

- Hard nights don't last forever.
- God brings new mercies, new strength & new joy.

***5 The light shines in the darkness, and the darkness has not overcome it. (John 1:5 ESV)***

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### Hope Lights the Way

- God can transform sorrow into moments of unexpected joy - even in caregiving.

***11 You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness, (Psalm 30:11 ESV)***

21

### Hope Lights the Way

- God lights our path when we don't know what to do next.

***1 The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid? (Psalm 27:1 ESV)***

22

### Hope Lights the Way

- We carry God's light into our homes, into our loved ones' lives & into every act of love.

***8 for at one time you were darkness, but now you are light in the Lord. Walk as children of light (Ephesians 5:8 ESV)***

- Hope doesn't deny the darkness - it shines through it.

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### Discussion Questions

- What gives you hope in your caregiving journey?
- How do you hold onto God's promises during hard days?
- What Scriptures help you stay anchored in hope?
- How do you share hope with your loved one?
- What small moments of joy have lifted your spirit?

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