

# WISDOM JOURNAL

## DAY 35

### SUBJECT: CREATING HOPE

Learning how to create hope is extremely important. Having hope keeps you motivated. It keeps you inspired. It keeps you passionate. It is easy to lose hope when you live in this world.

With all the discouragement, disappointment, attacks and losses you will incur, learning how to create hope is important. I learned this skill by accident. I usually set weekly, monthly and yearly goals for myself. By doing this I didn't know I was **CREATING** hope.

As I was setting goals I was waking up with **PASSION**, moving with **ENTHUSIASM** and speaking with **EXCITEMENT**. When you are hopeful you will live happier. Setting weekly, monthly and yearly goals will create hope for your life.

Make it your business to plan a vacation, to plan a family event, etc. When you **SET GOALS, YOU CREATE HOPE.** The Apostle Paul knew the importance of creating hope.

Philippians 3:14 says, *"I press toward the mark for the prize of the high calling of God in Christ Jesus."*

The Apostle Paul set goals. His goals were focused on pursuing the call God had on his life. When the Apostle Paul was an elderly man he preached with fire. He wasn't bound with depression or drowning in hopelessness. His goals created his hope.

**TAKEAWAY:** Setting weekly, monthly and yearly goals will create hope. When you create hope you will live under the influence of inspiration and motivation. **WHEN YOU HAVE SOMETHING TO HOPE FOR YOU WILL DEFEAT THE DEMON OF DEPRESSION.**

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