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### HOPEFUL PEOPLE ADAPT TO THE UNEXPECTED

New research highlights the power of hope to transform life. As Andy Corbley of GoodNewsNetwork reports, "Individuals in an Australian cohort of 25,000 randomly-sampled people that were more hopeful had on average improved wellbeing, education, economic, and employment outcomes measures years later, both better perceived health and objective measures of health, and were less likely to be lonely." The study also shows that hope shapes how people experience trials or suffering. Corbley writes, "Hope in the researchers' paper was also associated with higher resilience, the ability to adapt, and a robust internal locus of control. Hopeful individuals were also less likely to be influenced by negative life events and adapted more quickly and completely after these events." This study indicates that real hope, not mere naïve optimism, is a posture that shapes a person's life.

### GOD PROMISES A HOPEFUL FUTURE

Many years after the fall of Jerusalem, the exiles to Babylon have settled into a lifestyle without the temple and its role in the worship of God. Ezekiel sees a vision where he is transported to Judah, and he witnesses a restored city of God on top of Mount Zion. In his vision, the water that flows from God's presence is life-giving, making creation look like a restored garden of Eden. Ezekiel understands from this vision that God's plan to dwell with his people is firm and unchanged, despite all the tragedies of the past.

1. How would you describe your level of hope?
2. What kinds of things do you find yourself hoping for?
3. How does God's promised provision and restoration to his people in exile impact your life?

### Additional Resources

*Any videos or web materials are for your personal use. If you play any media files in class, be sure to have the necessary rights to do so.*

Playlist: [Contemporary Worship Weekly](#)

Playlist: [Echoes Worship Weekly](#) (featuring African-American music artists)

Playlist: [Traditional Worship Weekly](#)

Study: [Non-foolish Hope](#)

Article: [Jerusalem Has Fallen: Despair and Hope](#)

Commentary: [NetBible on Ezekiel 47](#)