#### FEAR IS CONTAGIOUS... BUT SO IS HOPE

BIG IDEA: Is what you're carrying worth catching?

### I) What Are You Carrying

#### Fear comes from a reliance on ourselves or others

### Hope comes from a reliance on God

I Thessalonians 1:2-3, 5 ESV

"<sup>2</sup> We give thanks to God always for all of you, constantly mentioning you in our prayers, <sup>3</sup> remembering before our God and Father your work of faith and labor of love and steadfastness of hope in our Lord Jesus Christ.

<sup>5</sup> because our gospel came to you not only in word, but also in power and in the Holy Spirit and with full conviction. You know what kind of men we proved to be among you for your sake."

## 2) Why Carry Hope?

Matthew 9:26

<sup>26</sup> And the report of this went through all that district.

Mark 1:28

<sup>28</sup> And at once his fame spread everywhere throughout all the surrounding region of Galilee.

Acts 6:7

<sup>7</sup> And the word of God continued to increase, and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests became obedient to the faith.

#### Fear restricts our effectiveness

## Hope increases our effectiveness

# 3) How to Carry Hope

John 13:35

35 By this all people will know that you are my disciples, if you have love for one another."

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