

MESSAGE NOTES



Series: The Life You Didn't Expect
Message: Knocked Down but Not Destroyed: Finding Real Hope Today
Speaker: Yayo Espinosa
Date: September 14, 2025

God is still present.

How do we find hope when life breaks from the script? And how do we learn to trust God with the life we didn't expect?

²⁸ And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

Romans 8:28 (NLT)

God Has a Purpose.

Your story is not random; it has a divine purpose.

You can trust that what feels like a setback is often a setup for something greater.

God's purpose is greater than your past, and His plan is bigger than your mistakes.

¹⁹ This hope is a strong and trustworthy anchor for our souls. It leads us through the curtain into God's inner sanctuary.

Hebrews 6:19 NLT

Hope Holds Us Steady.

Jesus will never fail you.

²² The faithful love of the LORD never ends! His mercies never cease. ²³ Great is his faithfulness; his mercies begin afresh each morning. ²⁴ I say to myself, "The LORD is my inheritance; therefore, I will hope in him!"

Lamentations 3:22–24 (NLT)

God's mercy is new every morning.

You don't have to be defined by yesterday; today is a new gift.

Resilience in Christ means we rise again, even when we feel defeated.

¹¹ The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you.

Romans 8:11 (NLT)

BIBLE TRANSLATIONS:

NLT – New Living Translation

TAKE HOME SHEET



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Take some time to read this passage.
Underline the words and phrases that stand out to you as you read.

²⁸ And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

Romans 8:28 (NLT)

Key Truth: Your story is not random; it has a divine purpose.

Where in your life do you need to be reminded that God is still present and working for your good?

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Underline the words and phrases that stand out to you as you read.

¹⁹ This hope is a strong and trustworthy anchor for our souls. It leads us through the curtain into God's inner sanctuary.

Hebrews 6:19 (NLT)

Key Truth: An anchor doesn't remove the waves, but it keeps you from being swept away.

What "waves" are you facing right now, and how can hope in Christ be your anchor?

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Lamentations 3:22–24 (NLT)

Key Truth: You don't have to be defined by yesterday; today is a new gift.

How can you live each day as a fresh start, relying on God's mercy?

Take some time to read this passage.
Underline the words and phrases that stand out to you as you read.

¹¹ The Spirit of God, who raised Jesus from the dead, lives in you. And just as God raised Christ Jesus from the dead, he will give life to your mortal bodies by this same Spirit living within you.

Romans 8:11 (NLT)

Key Truth: Resilience in Christ means we rise again, even when we feel defeated.

Where do you need God's Spirit to give you strength to rise again?

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