

## Thou Art My Hope and My Confidence

For Thou art my hope;  
O Lord GOD, Thou art my confidence from my youth.  
[Psalm 71:5](#)

Happiness. Fear. Sadness. Love. Envy. Gentleness. Anger. Joy. Peace. Depression. We can go through such a gamut of emotions, sometimes all in the same day! Women in particular are prone to responding emotionally to situations, often adding a few tears, sometimes to the point of being touchy and unpredictable. This can cause confusion and frustration for husbands and other family members, as they do not know how to respond to the wide emotional swings. In addition, if we are driven by our emotions, they can cloud our judgment, affect our relationships, and make us less effective in our roles as wife, mother, employee, or friend.

People who allow their emotions to control them are often unsure about who they are in Christ, and may even be rebelling against His authority. As a result, they usually become unhappy, insecure, and may even be angry people. How can we avoid having our emotions get the better of us? Let's look at Psalms 43 and 71, as well as Job 4:

Why are you in despair, O my soul?  
And why are you disturbed within me?  
Hope in God, for I shall again praise Him,  
The help of my countenance, and my God.  
[Psalm 43:5](#)

For Thou art my hope;  
O Lord GOD, Thou art my confidence from my youth.  
[Psalm 71:5](#)

Is not your fear of God your confidence,  
And the integrity of your ways your hope?  
[Job 4:6](#)

*Hope in God. Confidence.* How can hope and confidence in God help us control our emotions?

Conquering our emotions begins with having a fear of God. The "fear of God" mentioned in Job 4:6 is the healthy fear that the Christian has of the awesome, holy, omnipotent God who is able to do anything He desires. Fearing God is believing that He is righteous, loving, a worker of miracles, faithful and true in all circumstances. The fear of God also includes believing that God forgives when we confess our sins (I John 1:9), that He will continue to do a good work in us to completion (Philippians 1:6), and that He works all things for the good of those who love Him (Romans 8:28). When a Christian walks confidently in these truths, fully trusting in his God, he is able to hold his emotions steadfast in the joy of the Lord, and avoids the troublesome great emotional swings.

In the fear of the LORD there is strong confidence,  
And his children will have refuge.  
The fear of the LORD is a fountain of life,  
That one may avoid the snares of death.  
[Proverbs 14:26-27](#)

Another great truth is that hoping in God actually is a “help of my countenance,” as seen in Psalm 43:5. Your countenance cannot be crestfallen, dark, or anxious if you truly hope in God. That hope rests in the knowledge that God is faithful and He will fulfill all His promises.

Hope is also compared to an anchor of the soul in Hebrews chapter 6:

. . . in order that by two unchangeable things, in which it is impossible for God to lie, we may have strong encouragement, we who have fled for refuge in laying hold of the hope set before us. This hope we have as an anchor of the soul, a hope both sure and steadfast and one which enters within the veil, where Jesus has entered as a forerunner for us, having become a high priest forever according to the order of Melchizedek.

[Hebrews 6:18-19](#)

An anchor is designed to keep a ship in port or to help keep it from being tossed about too much in a storm. Such is our hope in God—it is the means by which we can keep from being tossed by extreme ranges of emotion.

Let’s look back at Job 4:6. There it says, “[is not] the integrity of your ways your hope?” To walk in integrity before God is to do the things He says to do in His Word and to not rebel against His authority. That is the place of peace for the Christian. If our way is not the way of God, then we open ourselves to attacks from the enemy, and he will goad us into responding more emotionally than we should. In addition, we will also have an inner struggle with our conscience which easily gives rise to an uneasiness in our spirit.

When your spirit is uneasy, you will respond more emotionally to many situations. So, for example, if you struggle with submitting to your husband, are a nagging wife and mother, involve yourself in gossip or coarse jesting, or if you covet, you are not walking in “the integrity of your ways” and hope will not be there as the anchor of your soul.

God’s desire is that you love Him so much and trust Him so thoroughly, that you will confidently and willingly do what He says, joyously anticipating seeing His promises fulfilled. When you do that, your soul will be anchored and steadfast and you will be able to control your emotions.

Be strong, and let your heart take courage,  
All you who hope in the LORD.  
[Psalm 31:24](#)

**Questions for personal study:**

1. Read Proverbs 10:28 and 14:26. What will be the result of walking in hope and confidence?
2. Read Romans 5:3-6.
  - What trials are you facing today?
  - Have you responded to the trial by losing control over your emotions? Ask the Lord to help you face it with the right attitude, and to build in you greater perseverance, character, and hope.
3. Read Romans 12: 9-21. In what ways can you be better at “rejoicing in hope” or in “serving the Lord?”