

HOPE WITH US | WEEK #02

Does Hope Even Matter? | November 19th

Anchor Verse: We have this hope as an anchor for the soul, firm and secure. Hebrews 6:19

Week 01: When we see a better future, discern the pathway there and own our part, hope is here.

The Science of Hope + The Spirituality of Hope = Supercharged Hope

WHAT'S THE ISSUE ANYWAY?

Bishop Desmond Tutu is an icon of _____.

"Hope is being able to see that there is light despite all the darkness."

We experience the darkness of _____.

We experience the darkness of the _____ betrayal.

We experience the darkness of _____ strain.

THE TENSION

When hope grows dim enough and darkness grows thick enough, we are in danger of _____.

WHAT WISDOM DOES SCRIPTURE OFFER US ABOUT THE SPIRITUALITY OF HOPE?

The Psalmist knew a hope that affected our _____. (Psalm 146:5-6)

Paul knew a hope that affected our _____. (Romans 8:24)

Paul knew a hope that affected our _____. (Romans 15:13)

DON'T MISS THIS!

Hope in God is a _____ pathway to happiness, confidence, and peace (well-being).

WHY DOES THE SCIENCE AND SPIRITUALITY OF HOPE MATTER IN YOUR EVERYDAY, NORMAL LIFE?

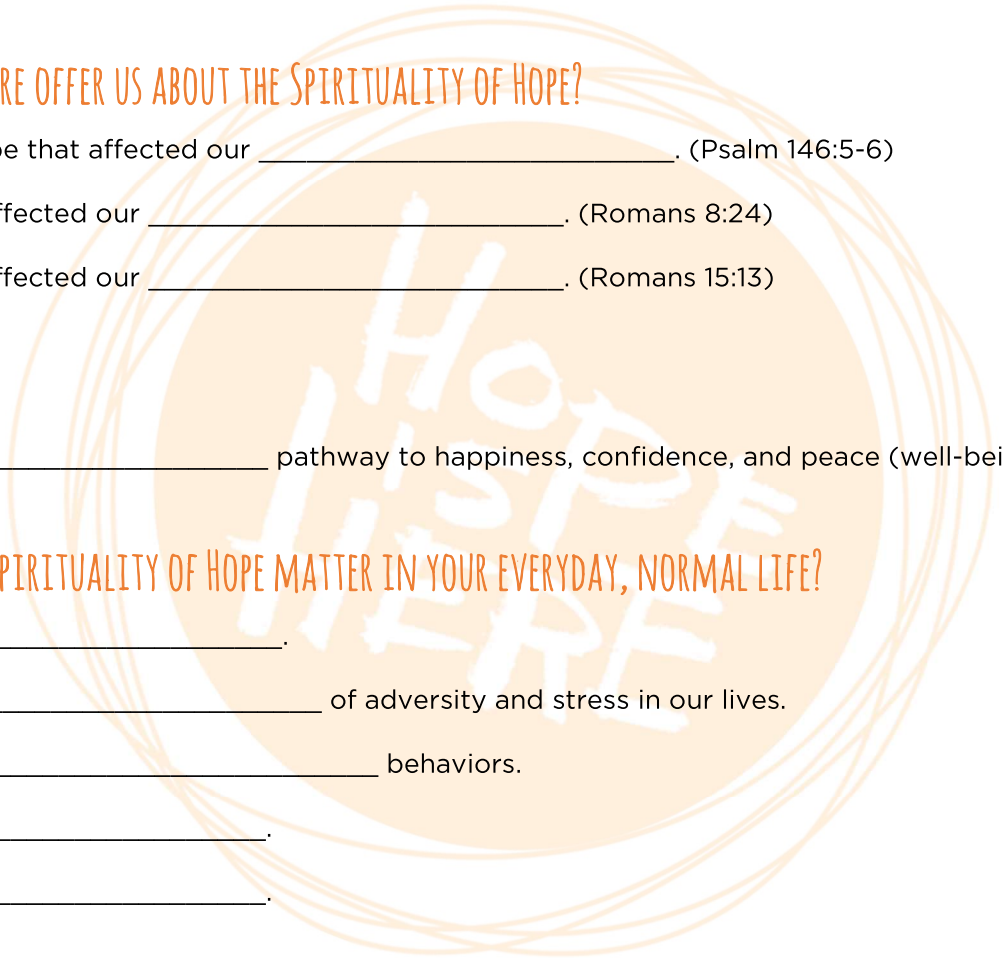
Hope reduces _____.

Hope buffers the _____ of adversity and stress in our lives.

Hope is a catalyst for _____ behaviors.

Hope can be _____.

Hope can be _____.



THAT'S AWESOME RYAN, BUT HOW DO I GROW RESILIENT AND RISING HOPE IN MY LIFE?

Next Week: _____ will grow your hope resiliency.

WHAT IS GOD INVITING YOU INTO TODAY?

1. Connect next week to explore more on growing a resilient hope through gratitude.
2. Bring hope to those living with food and housing insecurity by volunteering to ring the bell at Walmart once a week this advent season.
3. Lend your hope to someone in your life walking in darkness.

THOUGHT PROVOKING QUESTIONS:

1. Describe a time when you or someone you know felt despair. What words, images, colors and smells best describe that experience?
2. What are the dangers to "Hope in God" when we think of hope as a wish rather than an action or having the three ingredients of goals, pathways, and agency?
3. Do you have any stories or passages from scripture or your lived spirituality that shine the light of hope in your dark times?
4. If hope in God is related to happiness, confidence, and peace, why do you think people have experienced such unhappiness, hurt, and distress in their relationships with God?
5. What do you think are ways you can learn hope? How can you lend hope to someone who is low on hope?

