

Key Scriptures

Yet what we suffer now is nothing compared to the glory He will reveal to us later.

Romans 8:18

I pray that God, the source of hope, will fill you completely with joy and peace because you trust Him. Then you will overflow with confident hope through the power of the Holy Spirit.

Romans 15:13

Some of God's Promises:

God is faithful-
Psalm 9:10
Isaiah 25:1

Give gives hope-
1 Peter 1:3-4
Jeremiah 29:11

God provides-
Philippians 4:19
2 Corinthians 9:8

God is with me-
James 4:8
Hebrews 13:5

God brings good out of suffering-
2 Corinthians 4:17
James 1:2-3
Galatians 6:9
Romans 8:28

Key Concepts

The GOAT

- **Hope: a well-founded confidence in a future event / expectations of better to come.**
- **Our hope is woven into everything God is and everything God has done.**

3 Ways to Increase Hope:

1. **Know God's Promises**
 - ← See Key Scriptures ←
2. **Spend time praying.**
 - a. **Prayer isn't informing God what is going on – He's God, He already knows.**
 - b. **Prayer refocuses us on God and to God.**
 - c. **Sometimes God let's us face moments like this so that we will retrace our steps to find Him all over again.**
3. **Remind yourself of the things God has already brought you through.**

Talk About It

- Who are some of the GOATS in your world?
- How can we live in hope in a world that appears hopeless?
- How is hope woven into everything God?
- How can we better remember God's promises?
- How does prayer keep us focused on God?
- Talk about something God has brought you through.
 - How does that help give you more hope in Him today?
- How can you share this hope with people who need it?
- Talk about a "Hope Share" plan you can follow during these weeks.
 - Where to share it
 - How to share it
 - Who to share it with
 - How to start hope conversations