

RESET Connect Group notes

Week 2 - 3 ways to keep Hope alive

Getting started

Ask the group what was one of their favourite moments /memories from their summer? Maybe share it with a photo?

Getting stuck in

As we focus on what it means to RESET we are looking at the 3 things that Paul says will remain....FAITH, HOPE, LOVE. This week it's HOPE.....

- What does HOPE mean to you?
- Read Lamentations 3 v.19-23
- What does the word *lament* mean to you?
 - In what ways do we struggle with even the idea of this word?
 - How important is it in this season that we lament as well as Hope?
 - If Hope is a *confident expectation in the goodness of God* what should this mean for our lives?
 - Why is it hard at times to keep Hope alive?

Consider the 3 suggestions made Sunday to help keep Hope alive....

#1 - Remember hope is sustained by story and song

- What songs have kept you hopeful recently and why?
- Why is story so powerful when it comes to sustaining Hope?
- What examples in the Bible can you find where story and song have been mentioned?

#2 - Remember hope is willing to wait

Read 2 Cor. 4 v.17-18

- What does this say and what does it mean for our lives?
- Why is perspective so important to hold on to?

#3 - Remember hope is hard to find alone

- What have been your experiences of finding Hope through other people?
- How can we help each other find Hope and keep Hope alive?

Getting practical

- Who needs help keeping Hope alive right now?
- Share with one another....can we help practically? Can we pray? Let's do both!!

Going deeper

Look at the following scriptures that talk about Hope and ask the following questions...

- What do these teach us about the nature of biblical Hope?
 - What do these reveal about the difference between biblical Hope and worldly Hope?
- Rom. 5 v.3-5/Rom. 8 v. 23-25/Hebrews 6 v.18-20