



Session 1

Big Idea:

Hope is not just a feeling, but a participation and a commitment.

GROUP OPENER

In John 14:27 Jesus says *"I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid."*

In what ways do you see a lack of peace in people today?

What do you see in society that contributes to peace?

GROUP DISCUSSION

- Read 1 Peter 1:1-13 Twice out loud, in different versions of the Bible – everyone listens.
- What are some significant observations you have about this text? What stood out? What didn't you like? What was confusing?
- What does this passage teach us about God? How does it change how I see God?
- What does this passage teach us about humanity/ourselves? How would it change how I treat others?
- What does this passage teach us about obedience? How should it affect the way I live?

November 12
WEEKEND

ACTION STEPS

I will statement . . .

- Based on what God is teaching in this passage, what should I do? Reflect for a minute or two and develop an action statement. Put it in the form, "I Will _____". Make it concrete, simple, and achievable. Share it with the group.

As a Group

Have you ever gotten good news but were not mentally prepared for it, how did that impact how you received the news?

What are some ways you can prepare your mind for hope?

Do you tend toward positivity or realism?

How can you protect your mind from despair?

What are practical steps your faith in Jesus can help with anxiety?

On your Own

List out the top areas that cause you to worry. Consider sharing one of these with your group the next time you meet, ask for prayer/support/encouragement in that area.

Ask these two questions this week.

Is what I am doing helping my hope or hurting my hope?

Outside of Sunday morning what am I doing that centers my life on Christ?