

Hope Group

EXPERIENCING
HOPE IN
SUFFERING +
STRUGGLING

SERIES ONE



Hope Group

A HIGHPOINT RESOURCE

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All Scripture is from the English Standard Version unless otherwise noted.

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There Is Always

HOPE

² Now there is in Jerusalem by the Sheep Gate a pool, in Aramaic called Bethesda, which has five roofed colonnades. ³ In these lay a multitude of invalids—blind, lame, and paralyzed ⁵ One man was there who had been an invalid for thirty-eight years. ⁶ When Jesus saw him lying there and knew that he had already been there a long time, he said to him, “Do you want to be healed?” ⁷ The sick man answered him, “Sir, I have no one to put me into the pool when the water is stirred up, and while I am going another steps down before me.” ⁸ Jesus said to him, “Get up, take up your bed, and walk.” ⁹ And at once the man was healed, and he took up his bed and walked.

John 5:2-9



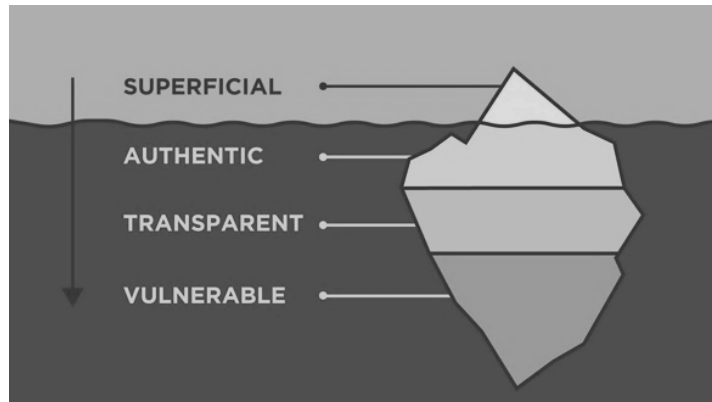
There Is Always **HOPE**

John 5:2-9

We all suffer in many ways - physically, emotionally, relationally. Our struggles may be different, but our struggle is the same. We believe God wants to redeem our suffering and struggling -- no matter what it is.

Hope Group is a safe, shame-free, supportive environment to be:

- Honest with _____.
- Honest with _____.
- Honest with _____.




HOPE:

*the confident assurance that God is working
and that His _____,
and _____ will always prevail.*

1. No matter your _____ - there is always hope (John 5:2-5)

The Spiral of Hopelessness



2. No matter your _____ - there is always hope (John 5:6-7)

Common Excuses

I have no one to help me.
I have tried to change, but I keep relapsing.
I will always be the victim.
I don't know what to do or who to go to.
I'm not hurting anyone.
I don't have a problem.
I will always be this way.
I can take care of it myself.
I don't have ...
I'm scared.

*Do you want to be healed -
emotionally, relationally, spiritually?*

3. Because of _____ - there is always hope (John 5:8-9)

Real transformative change will come through:

1. _____ your need - *no matter your issue, there is always hope.*
2. _____ your excuses - *no matter your excuses, there is always hope.*
3. _____ fully to Jesus - *because of Jesus, there is always hope.*

REFLECT + DISCUSS

*Take a few moments to reflect personally,
then discuss with your group.*

Get Talking

- Why are you here? What is your hope for Hope Group in your life?

Go Deeper

- What are some issues of suffering or struggling in your life?
- What from the teaching from John 5 impacted you the most?
- Do you believe there is always hope? Explain.

Grow Together

- Read Group Commitment together. Do you desire to commit these areas for and to each other at Hope Group. Explain.
- How will you apply God's Word this week? What step do you need to take?
- How can we pray and support you this week?

My Hope Step This Week



SHARE + CARE + PRAYER

Share prayer requests. Care for each other. Pray together.

Who is missing from your group today? Who will reach out to them this week?

Memory Verse

²⁴ For this my son was dead, and is alive again; he was lost, and is found.' And they began to celebrate.

Luke 15:24

Hope Group

⁶ If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. ⁷ But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.

- 1 John 1:6-7

We commit to:

- Being honest with ourselves, our group, and the Lord.
- Creating a safe, shame-free, and supportive environment.
- Faithfully attending each group session, arriving on time, and completing necessary personal study.
- Actively listen to the teaching and participating in the group discussion.
- Letting the group leader lead the discussion and the direction of the group.
- Supporting and serving others in the group.
- Practicing confession for support, encouragement, and prayer.

We understand:

- this is not a professional counseling center but rather a church.
- the leaders will speak “truth in love” by sharing counsel from God’s Word.
- the more we invest in Hope Groups the more we will benefit from Hope Groups.



Hope to CHANGE

²² So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart. - 2 Timothy 2:22



- What was a high and low this week? Any victories or struggles?
- What was your “hope step” from last week?
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- Any personal updates?



Hope To **CHANGE**

2 Timothy 2:22

_____ do you want to change?

_____ do you want to change?

Common Reasons to Change

- To prove myself to _____
- To prove myself to _____
- To prove myself to _____

Right motive: to become like _____

Sin promises ...

- _____, but delivers _____.
- _____, but delivers _____.
- _____, but delivers _____.

_____ will you change?

- Run _____

- Run _____

- Run _____

*¹² that is, that we may be mutually encouraged by each other's faith,
both yours and mine. - Romans 1:12*

Truths for Change

- Change is a _____ task and a _____ task.
- I am a _____ and I am _____.
- I _____ change and I _____ change.

REFLECT + DISCUSS

*Take a few moments to reflect personally,
then discuss with your group.*

Get Talking

- How did God speak to you at Hope Group today? What do you need to do as a result?

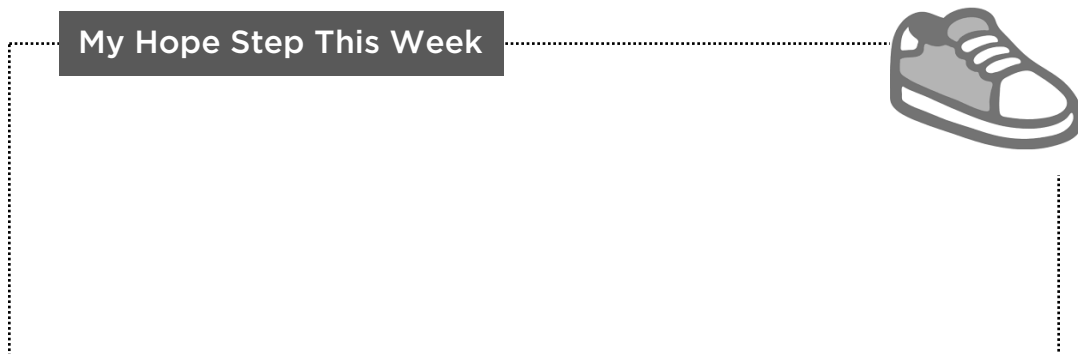
Go Deeper

- What do you want to change? Why do you want to change? Why are these questions important to know and answer in order to change?
- What do you need to run from? What do you need to run to?
- Why is important to run with others in Christian community? How can we support, encourage, and pray for each other?

Grow Together

- How will you apply God's Word this week? What step do you need to take?
- How can we pray and support you this week?

My Hope Step This Week

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Hope in the GOSPEL

And you were dead in the trespasses and sins ² in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience— ³ among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind. ⁴ But God, being rich in mercy, because of the great love with which he loved us, ⁵ even when we were dead in our trespasses, made us alive together with Christ— by grace you have been saved— ⁶ and raised us up with him and seated us with him in the heavenly places in Christ Jesus, ⁷ so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus ⁸ For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹ not a result of works, so that no one may boast. ¹⁰ For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. - Ephesians 2:1-10



- What was a high and low this week? Any victories or struggles?
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Hope in the GOSPEL

Ephesians 2:1-10



1. **Bad News:** You were _____ in sin (1-3)

2. **Good News:** You are _____ in Christ (4-10)

OLD IDENTITY	NEW IDENTITY
Dead	Alive
Separated from Christ	United to Christ
Disobedient	Obedient
Objects of God's wrath	Objects of God's affection
Walking in sin	Walking in good works
Destined for hell	Seated with Jesus in heaven

⁸ For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹ not a result of works, so that no one may boast.
Ephesians 2:8-9

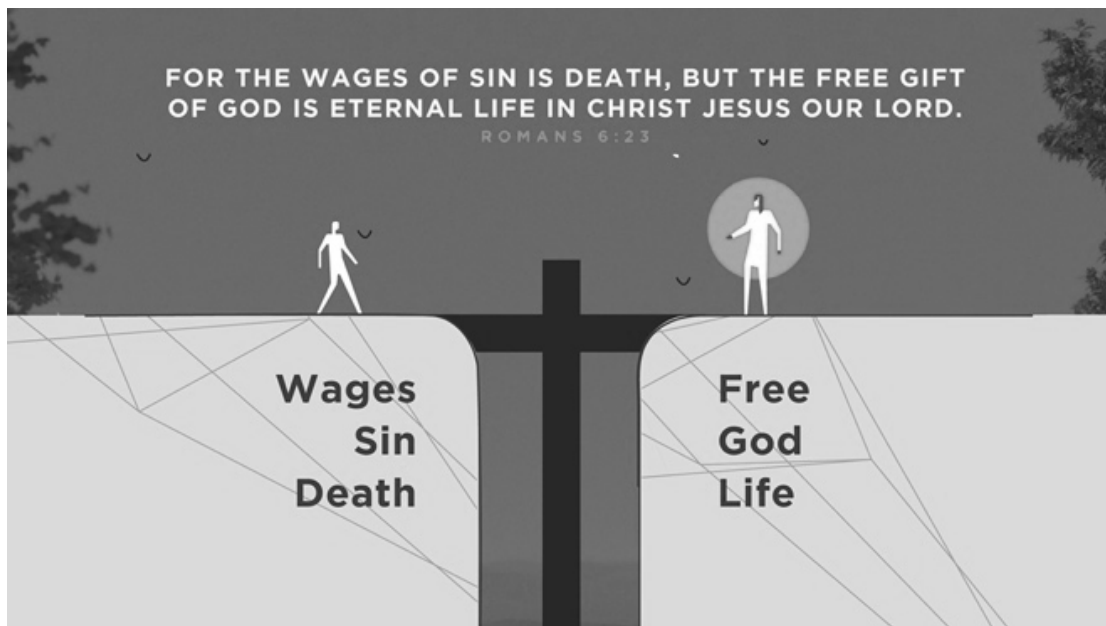
By grace (2:8a)

Mercy is not getting what you deserve. Grace is getting what you do not deserve.

You are saved (2:8b)

Saved from what?	
Saved by whom?	
Saved for what?	

Through faith (2:8c)



Do you have assurance of salvation?

REFLECT + DISCUSS

*Take a few moments to reflect personally,
then discuss with your group.*

Get Talking

- How did God speak to you at Hope Group today? What do you need to do as a result?


Go Deeper

- Where have you sought an identity apart from Christ?
- Do you have assurance of salvation? Can you point to a time where you embraced Christ by faith for the forgiveness of your sins? Explain. If so, have you been baptized as an expression of your faith in Christ?
- If you are alive in Christ, are you living as “alive” in Christ? How can you live *from* your identity in Christ this week?

Grow Together

- How will you apply God’s Word this week? What step do you need to take?
- How can we pray and support you this week?

My Hope Step This Week



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SHARE + CARE + PRAYER

Share prayer requests. Care for each other. Pray together.

Who is missing from your group today? Who will reach out to them this week?

Memory Verse

*For by grace you have been saved through faith.
And this is not your own doing; it is the gift of God
Ephesians 2:8*

My Story for God's Glory

Write out your faith story. What was your life before Christ (I was...)? When did you place your faith in Christ (But Christ ...)? How has Christ been changing your life (And now ...)

I was ...	
But Christ ...	
And now ...	



Hope When SUFFERING

⁷ But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us. ⁸ We are afflicted in every way, but not crushed; perplexed, but not driven to despair; ⁹ persecuted, but not forsaken; struck down, but not destroyed ...

¹⁶ So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. ¹⁷ For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, ¹⁸ as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.

2 Corinthians 4:7-9, 16-18



- What was a high and low this week? Any victories or struggles?
- What was your “hope step” from last week?
- Did anyone memorize the memory verse?
- Any personal updates?



Hope When **SUFFERING**

2 Corinthians 4:7-18

TRANSFORMATIONAL TRUTH:

With God's _____ in me pressure will not _____ me,
confusion will not _____ me, opposition will not _____ me,
and hard hits will not _____ me because I embrace the
spiritual _____ of my suffering.

With God's _____ in me

*But we have this treasure in jars of clay, to show that the
surpassing power belongs to God and not to us.*

Pressure will not _____ me

afflicted in every way, but not crushed

Confusion will not _____ me

perplexed, but not driven to despair;

Opposition will not _____ me

persecuted, but not forsaken;

Hard hits will not _____ me

struck down, but not destroyed;

Because I embrace the spiritual _____ of my suffering.

¹⁶ So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. ¹⁷ For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, ¹⁸ as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.

1. I am being _____ by suffering (16)
2. My suffering is _____ (17)
3. I am _____ at the end of suffering (18)

REFLECT + DISCUSS

*Take a few moments to reflect personally,
then discuss with your group.*

Get Talking

- How did God speak to you at Hope Group today? What do you need to do as a result?


Go Deeper

- Why is essential in the midst of suffering to realize God's power in us? How do you need to remind yourself of God's in you?
- In what ways do you feel pressure, confusion, opposition, or hard hits?
- What spiritual reality for your suffering do you need to embrace so that you will not lose heart?

Grow Together

- How will you apply God's Word this week? What step do you need to take?
- How can we pray and support you this week?

My Hope Step This Week



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Hope When

STRUGGLING

¹⁷ So now it is no longer I who do it, but sin that dwells within me. ¹⁸ For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. ¹⁹ For I do not do the good I want, but the evil I do not want is what I keep on doing. ²⁰ Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.

²⁴ Wretched man that I am! Who will deliver me from this body of death? ²⁵ Thanks be to God through Jesus Christ our Lord! So then, I myself serve the law of God with my mind, but with my flesh I serve the law of sin.- Romans 7:17-20, 24-24



- What was a high and low this week? Any victories or struggles?
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Hope When
STRUGGLING

Romans 7:14-25

1. The Struggle is _____ (14-17)

2. The Struggle is _____ (18-20)

3. The Struggle is _____ (21-24)

Three Steps for Hope in Your Struggle

Acknowledge Your _____ (24a)

Acknowledge Your _____ (24b)

Acknowledge _____ as _____ (25)



REFLECT + DISCUSS

*Take a few moments to reflect personally,
then discuss with your group.*

Get Talking

- How did God speak to you at Hope Group today? What do you need to do as a result?


Go Deeper

- How can you identify with Paul's struggle in Romans 7? How is your struggle real, repeated, and relentless?
- Why is it important to acknowledge your need and condition?
- Why is acknowledging Jesus as Lord important to experience hope in your struggle? What does this look like in everyday life?

Grow Together

- How will you apply God's Word this week? What step do you need to take?
- How can we pray and support you this week?

My Hope Step This Week



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SHARE + CARE + PRAYER

Share prayer requests. Care for each other. Pray together.

Who is missing from your group today? Who will reach out to them this week?

Memory Verse

¹⁹ For I do not do the good I want, but the evil I do not want is what I keep on doing. ²⁰ Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.

Romans 7:19-20

Hope in SHAME

³ *who forgives all your iniquity,
who heals all your diseases,*
⁴ *who redeems your life from the pit,
who crowns you with steadfast
love and mercy,*
⁵ *who satisfies you with good so that
your youth is renewed like the eagle's.*

Psalm 103:3-5



- What was a high and low this week? Any victories or struggles?
- What was your “hope step” from last week?
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- Any personal updates?



Hope in
SHAME

Psalm 103:1-5

Shame is never from _____.

1. No Shame because God _____ (103:3)

2. No Shame because God _____ (103:3)

3. No Shame because God _____ (103:4)

4. No Shame because God _____ (103:5)



REFLECT + DISCUSS

*Take a few moments to reflect personally,
then discuss with your group.*

Get Talking

- How did God speak to you at Hope Group today? What do you need to do as a result?


Go Deeper

- How have you experienced shame in your life? How has shame affected you?
- Where does shame come from? Why is shame not from God?
- Do you believe God forgives, heals, redeems, and satisfies? Which truth do you need to embrace the most today? Why?

Grow Together

- How will you apply God's Word this week? What step do you need to take?
- How can we pray and support you this week?

My Hope Step This Week



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Who is missing from your group today? Who will reach out to them this week?

Memory Verse

³ *who forgives all your iniquity, who heals all your diseases,*
⁴ *who redeems your life from the pit, who crowns you with*
steadfast love and mercy, ⁵ who satisfies you with good
so that your youth is renewed like the eagle's.
Psalm 103:3-5

Hope When TEMPTED

*No temptation has overtaken you
that is not common to man.
God is faithful,
and he will not let you be tempted
beyond your ability,
but with the temptation
he will also provide the way of escape,
that you may be able to endure it.*

1 Corinthians 10:13



- What was a high and low this week? Any victories or struggles?
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- Any personal updates?



Hope When TEMPTED

1 Corinthians 10:13

LIE #1: My struggle is _____

TRUTH: *No temptation has overtaken you that is not _____ to man.*

LIE #2: God has _____ me

TRUTH: *God is _____*

COMMON TEMPTATIONS

What areas are a common struggle for you?

Addiction	Adultery	Anger	Anxiety
Bitterness	Bigotry	Conceit	Covetousness
Deceit	Doubt	Drunkenness	Envy
Fear	Gluttony	Gossip	Greed
Hate	Idolatry	Immorality	Impatience
Impurity	Jealousy	Laziness	Legalism
Licentiousness	Lust	Lying	Malice
Materialistic	People pleasing	Pride	Profanity
Quarrelsome	Resentment	Self-centered	Selfish
Sorcery	Vulgarity		

LIE #3: My struggle is _____

TRUTH: *God will not let you be tempted _____ your ability*

LIE #4: I'm _____

TRUTH: *God _____ also provide the way of _____, that you
may be able to _____ it.*

CPR to Revive Your Heart

C _____ - Proverbs 28:13

P _____ - 1 Thessalonians 5:17

R _____ - 2 Timothy 2:22



REFLECT + DISCUSS

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Get Talking

- How did God speak to you at Hope Group today? What do you need to do as a result?

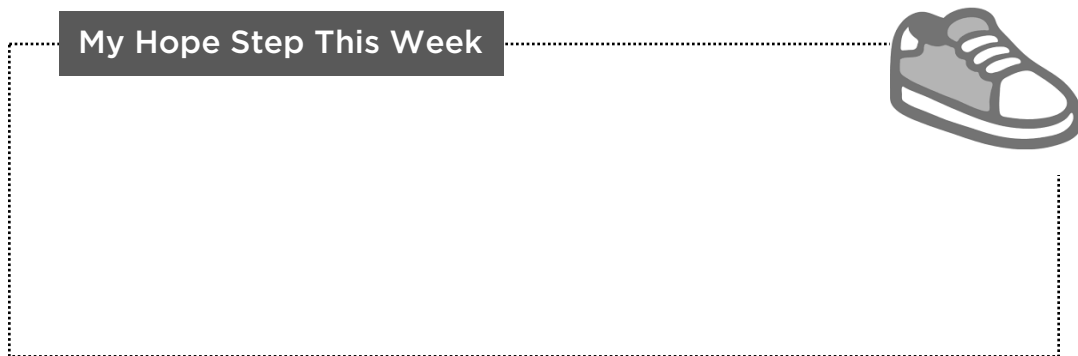
Go Deeper

- What areas of temptation are a common struggle for you?
- “God is faithful.” How can this truth give you hope in your struggle?
- In what ways does your heart need CPR – Confess, Pray, Run?

Grow Together

- How will you apply God’s Word this week? What step do you need to take?
- How can we pray and support you this week?

My Hope Step This Week



The form consists of a dark grey rectangular box containing the text "My Hope Step This Week". To the right of this box is a line drawing of a grey and white sneaker. A dotted line starts from the right side of the box, extends horizontally to the sneaker, then turns vertically down, then horizontally left, and finally vertically up back to the box, creating a large rectangular frame for writing.

SHARE + CARE + PRAYER

Share prayer requests. Care for each other. Pray together.

Who is missing from your group today? Who will reach out to them this week?

Memory Verse

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

1 Corinthians 10:13

Hope When WRONG

Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. ² Wash me thoroughly from my iniquity, and cleanse me from my sin! ³ For I know my transgressions, and my sin is ever before me. ⁴ Against you, you only, have I sinned and done what is evil in your sight,

¹⁰ Create in me a clean heart, O God, and renew a right spirit within me. ¹¹ Cast me not away from your presence, and take not your Holy Spirit from me. ¹² Restore to me the joy of your salvation, and uphold me with a willing spirit.

Psalm 51:1-4, 10-12



- What was a high and low this week? Any victories or struggles?
- What was your “hope step” from last week?
- Did anyone memorize the memory verse?
- Any personal updates?



Hope When **WRONG**

Psalm 51

Our past can constrain us from experiencing emotional, relational, and spiritual health in the present and future.

Ways To Deal With Our Past

1. _____ our past
2. _____ our past
3. _____ our past
4. _____ our past

When you were...	Biblical Response
Wrong	_____
Wronged	_____

Background to Psalm 51: 1 Samuel 11

- David _____ (1)
- David _____ (2)
- David _____ (3)
- David _____ (4)
- David _____ (14-17)

WHAT TO DO WHEN WRONG

1. _____: **I sinned** (1-4)

Repentance: the acknowledgement of sin (_____), with genuine sorrow (_____), leading to a change in behavior (_____).

Worldly Sorrow	Godly Sorrow
Focus on _____	Focus on _____
Turns ____ Sin	Turns _____ Sin
Feeling _____	Being _____
Prideful & _____	Broken & _____

2. _____: **Clean my heart** (5-11)

3. _____: **Give me joy & purpose** (12-19)

Elements Of A Genuine Apology

1. _____ specific actions & attitudes
2. _____ & express regret
3. _____ for hurt caused
4. _____ needed restitution
5. _____ behavior
6. _____ for forgiveness
7. _____ consequences
8. _____ for time

REFLECT + DISCUSS

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then discuss with your group.*

Get Talking

- How did God speak to you at Hope Group today? What do you need to do as a result?

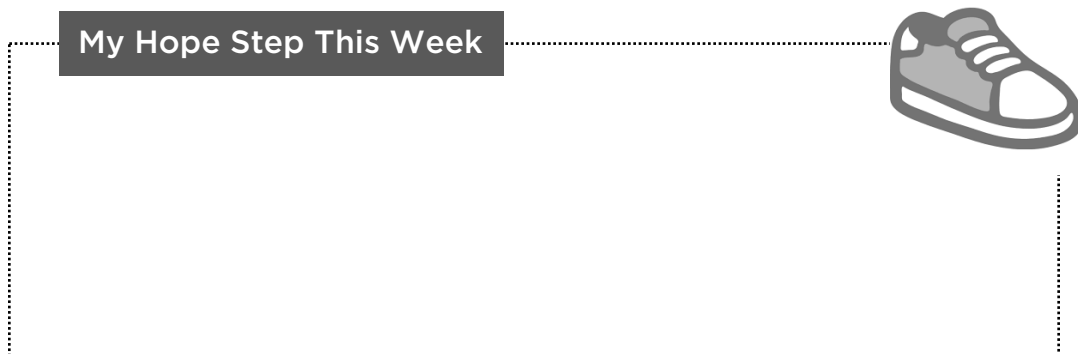
Go Deeper

- Of the 4 ways to deal with your past, which is most common for you?
- How can you identify with the story of David – being controlled by a passion; sin leading to more sin? Do you have a godly person who can confront you when you sin?
- What steps of repentance do you need to take toward a person(s) you wronged? What will you do? And when?

Grow Together

- How will you apply God's Word this week? What step do you need to take?
- How can we pray and support you this week?

My Hope Step This Week



SHARE + CARE + PRAYER

Share prayer requests. Care for each other. Pray together.

Who is missing from your group today? Who will reach out to them this week?

Memory Verse

*Create in me a clean heart, O God,
and renew a right spirit within me.*

Psalm 51:10

My Psalm 51

Write out your Psalm 51 following the framework of David – repent, renew, restore. This is your prayer to God. Be completely honest; “a broken spirit and contrite heart he will not despise” (v 17). Be raw and gritty; He can handle it. Be specific; He already knows.

<p>REPENT: I have sinned</p>	
<p>RENEW: Clean my heart</p>	
<p>RESTORE: Give me joy & purpose</p>	

Apology Worksheet

Who have you wronged and need to seek forgiveness through repentance? Use this as a guide for developing and expressing a genuine, heartfelt apology.

ADMIT specific actions & attitudes	
ACKNOWLEDGE hurt	
APOLOGIZE by expressing regret	
ADDRESS needed restitution	
ALTER behavior	
ASK for forgiveness	
ACCEPT the consequences	
ALLOW for time	

Hope When WRONGED

*Let all bitterness and wrath and anger
and clamor and slander be put away
from you, along with all malice.
Be kind to one another, tenderhearted,
forgiving one another,
as God in Christ forgave you.*

Ephesians 4:31-32



- What was a high and low this week? Any victories or struggles?
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- Any personal updates?



Hope When WRONGED

Ephesians 4:31-32

When you were...	Biblical Response
Wrong	_____
Wronged	_____

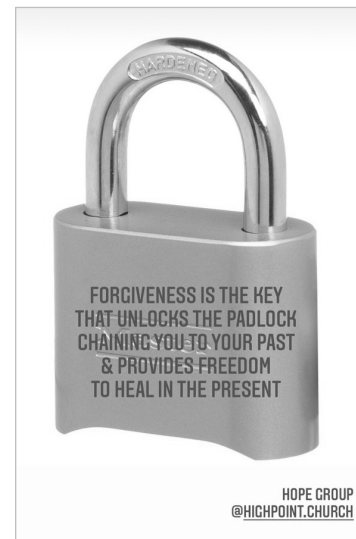
Jesus suffered betrayal, rejection, slander, unjust treatment, and abuse.

1. Jesus knows the pain of being wronged.
2. Jesus did not return wrong when He was wronged.
3. Jesus will vindicate and bring justice.
4. Jesus forgave those who wronged Him.

The Cost of Unforgiveness

When we choose not to forgive, we become a _____ to our past.

As a result, we are often filled with



Why forgive?

- Forgiveness leads to _____
- Forgiven people _____

Forgiveness is ...

- a _____ to cancel a debt and release resentment when wronged.
- a _____ to no longer bring up the offense to the offender, to others, nor to me.
- a _____ and a _____.
- _____ and _____.

Forgiveness is not ...

- _____
- _____
- _____
- _____
- _____
- _____

Have you received God's forgiveness? Are you willing to extend forgiveness to others who have wronged you?

REFLECT + DISCUSS

*Take a few moments to reflect personally,
then discuss with your group.*

Get Talking

- How did God speak to you at Hope Group today? What do you need to do as a result?


Go Deeper

- In what ways have you been trapped in your past and suffered because of unforgiveness?
- How does experiencing God's forgiveness empower you to forgive others?
- Forgiveness is both internal and verbal, vertical and horizontal. Can you explain the difference? How do you know when to offer verbal forgiveness? Note: based on severity, it is not always wise to contact with the person who wronged you.

Grow Together

- How will you apply God's Word this week? What step do you need to take?
- How can we pray and support you this week?

My Hope Step This Week



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SHARE + CARE + PRAYER

Share prayer requests. Care for each other. Pray together.

Who is missing from your group today? Who will reach out to them this week?

Memory Verse

*Be kind to one another, tenderhearted, forgiving
one another, as God in Christ forgave you.*

Ephesians 4:32

Forgiven People Forgive

Use this worksheet to journal areas of forgiveness. Be specific. Write names/initials and specific offenses.

FORGIVEN: What has God has forgiven me of?	WHEN I WAS WRONGED: What do I still need to forgive others for?	WHEN I WAS WRONG: What do I still need to ask forgiveness of God and others?

Hope When WAITING

¹ *How long, O LORD? Will you forget me forever?*

How long will you hide your face from me?

² *How long must I take counsel in my soul
and have sorrow in my heart all the day?*

How long shall my enemy be exalted over me?

³ *Consider and answer me, O LORD my God;
light up my eyes, lest I sleep the sleep of death,*

⁴ *lest my enemy say, "I have prevailed over him,"
lest my foes rejoice because I am shaken.*

⁵ *But I have trusted in your steadfast love;
my heart shall rejoice in your salvation.*

⁶ *I will sing to the LORD, because he has dealt
bountifully with me.*

Psalm 13:1-6



- What was a high and low this week? Any victories or struggles?
- What was your “hope step” from last week?
- Did anyone memorize the memory verse?
- Any personal updates?



Hope When **WAITING**

Psalm 13

1. When God is _____, keep _____ (1-2)

2. When God doesn't seem to _____, keep _____ (3-4)

How to Pray When Waiting

Pray _____ - Jeremiah 33:3

Pray _____ - Matthew 6:7

Pray _____ - Matthew 7:7

Pray _____ - Ephesians 6:18

Pray _____ - 1 John 5:14-15

3. When God seems _____, keep _____ (5)

²¹ But this I call to mind, and therefore I have hope: ²² The steadfast love of the LORD never ceases; his mercies never come to an end; ²³ they are new every morning; great is your faithfulness. ²⁴ "The LORD is my portion," says my soul, "therefore I will hope in him." ²⁵ The LORD is good to those who wait for him, to the soul who seeks him. - Lamentations 3:21-25

4. When God's plans don't make _____, keep _____ (6)

"I will sing to the Lord"



REFLECT + DISCUSS

*Take a few moments to reflect personally,
then discuss with your group.*

Get Talking

- How did God speak to you at Hope Group today? What do you need to do as a result?

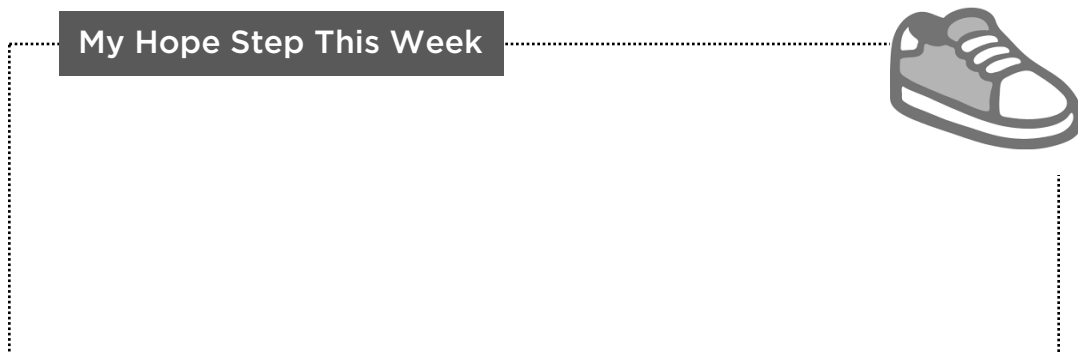
Go Deeper

- What are you waiting on the Lord for?
- What makes waiting hard? Do you tend to rest in God or retreat from God?
- What is God calling you to do as you wait? Which point applies most to you today? How can you keep listening, keep praying, keep trusting, keep rejoicing this week?

Grow Together

- How will you apply God's Word this week? What step do you need to take?
- How can we pray and support you this week?

My Hope Step This Week

A dotted line box with a dark grey header containing the text "My Hope Step This Week". To the right of the header is a simple line drawing of a grey and white sneaker. A horizontal dotted line extends from the right side of the header to the shoe. From the bottom of the shoe, a vertical dotted line goes down, then a horizontal dotted line goes left, and finally a vertical dotted line goes up to the left side of the header, forming a large rectangular frame for writing.

Hope Group

*May the God of hope fill you with all joy and peace in believing
so that by the power of the Holy Spirit you may abound in hope.*
Romans 15:13

No matter the issue, there is always hope.

Hope Group is a gospel-based, mixed-issue support ministry that provides hope for people in their suffering and struggles.

Gospel-based – We believe in the power of Gospel and the authority and sufficiency of the Word of God.

Mixed-issue – We intentionally avoid labeling people by their “issue”. Our identity is in Christ, not in our area of suffering or struggle. We are real people, with real issues, but we’re following a real Savior together.

Support ministry – We are more than a recovery ministry. We support anyone who needs biblical counsel and biblical community. We provide a safe and shame-free environment that promotes honest conversations and prayer support. We care for emotional, relational, and spiritual needs.

- *Suffering* – We minister to people in their trial, hardship, or loss including healing a past wound, dealing with grief, addressing anxiety, recovering from a divorce, etc.
- *Struggles* – We minister to people seeking to overcome unhealthy patterns of thinking or behaving including dealing with hang ups in marriage, finding freedom from a destructive habit, addressing sin issues, etc.

Hope Group seek to get to the heart issues of our suffering and struggles by addressing the root causes behind thinking, feeling, and acting. Real change always involves a change of heart.

Hope Group involves teaching from God’s Word, real-life testimonies, and gender-based discussion in smaller groups.



Hope Group

Check In (30 minutes)

- Share: How are you doing? High and low from the week? Any struggles or victories?
- Follow Up: Review personal application from the previous week.
- Prayer: Spend time praying for your time together at Hope Group.

Testimony + Teaching (30 minutes)

- Testimony (5 minutes) - connected to the teaching topic
- Teaching Time (25 minutes) - engage the mind, emotion, and will from the Word of God while addressing topics directly and transparently

Group Discussion (45 minutes)

- Return to gender-based groups to discuss personal application
- Build a safe, shame-free, and supportive context for honest sharing
- Model authenticity, transparency, and vulnerability



GROUP CONTACT INFO

Therefore encourage one another and build one another up, just as you are doing - 1 Thessalonians 5:11

LEADER: _____ PHONE: _____

EMAIL: _____

NAME: _____ PHONE: _____

EMAIL: _____

NAME: _____ PHONE: _____

EMAIL: _____

NAME: _____ PHONE: _____

EMAIL: _____

NAME: _____ PHONE: _____

EMAIL: _____

NAME: _____ PHONE: _____

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NAME: _____ PHONE: _____

EMAIL: _____

NAME: _____ PHONE: _____

EMAIL: _____

God wants to redeem your suffering or struggle no matter what it is.

Do you want hope in healing a past wound, dealing with grief resulting from loss, addressing anxiety, overcoming hang-ups in marriage, or finding freedom from a destructive habit?

Experience hope from God's Word and the support of others.

HOPE GROUP involves teaching, real-life testimonies, and gender-based group discussions about real issues in a safe, shame free, and supportive context.

Join **HOPE GROUP** at Highpoint Church.



WWW.HIGHPOINT.CHURCH