

HOPE GROUP

EXPERIENCING
HOPE IN
SUFFERING +
STRUGGLING

SERIES TWO



Hope Group

A HIGHPOINT RESOURCE

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

Fourth Edition | 2024

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HOPE

AT ROCK BOTTOM

¹¹ "There was a man who had two sons. ¹² And the younger of them said to his father, 'Father, give me the share of property that is coming to me.' And he divided his property between them. ¹³ Not many days later, the younger son gathered all he had and took a journey into a far country, and there he squandered his property in reckless living ¹⁴ And when he had spent everything, a severe famine arose in that country, and he began to be in need. ¹⁵ So he went and hired himself out to one of the citizens of that country, who sent him into his fields to feed pigs. ¹⁶ And he was longing to be fed with the pods that the pigs ate, and no one gave him anything. - Luke 15:11-16



Before starting this season of Hope Group,
check in with each other in your group

- If someone is new in your group, introduce yourselves to each other.
- What was a high and low this past week? Any struggles or victories since we last met for Hope Group?
- What is your hope for this season of Hope Group?
- Any personal updates?



HOPE

AT ROCK BOTTOM

LUKE 15:11-24

STEPS TO ROCK BOTTOM

1. Focus on _____

Father, give me the share of property that is coming to me. (12)

2. _____ from Others

took a journey into a far country (13)

3. Live for _____
Gratification

he squandered his property in reckless living (13)

4. Repeat _____ Choices

he squandered his property in reckless living (13)

5. _____ Everything

when he had spent everything (14)

5. _____ Action

And he arose and came to his father. (20)

4. True _____

I am no longer worthy to be called your son. Treat me as one of your hired servants. (19)

3. Genuine _____

I have sinned against heaven and before you. (18)

2. _____ to Change

I will arise and go to my father (18)

1. Personal _____

when he came to himself (17)

STEPS TO CHANGE

come as
you are

REFLECT + DISCUSS

Reflect on these questions before discussing as a group.

Get Talking

- Why are you here? What is your hope for Hope Group in your life?
- What are some issues of suffering or struggling in your life?

Go Deeper

- How have you been at rock bottom? Are you at rock bottom now? Explain.
- Which of the five steps to rock bottom do you struggle with?
- Which of the steps to change are you on? Which step is hardest for 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



SHARE + CARE + PRAYER

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

Who is missing from your group today? Who will reach out to him/her this week?

Renew Your Mind

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

KEEP GOING + GROWING

[FURTHER STUDY THIS WEEK]

READ: ENGAGE YOUR MIND

Read the following verses and write out your observations.

- Luke 15:11-24
- Galatians 6:7
- Proverbs 18:1
- Proverbs 28:13
- 1 John 1:9
- Psalm 51:10
- 2 Corinthians 5:17

REFLECT: ENGAGE YOUR HEART

Which of the five steps to rock bottom do you struggle with?

How has shame and fear hindered you from changing in the past or in the present?

How has your view of God the Father been influenced by your view of your father?

Memorize: Luke 15:24

RESPOND: ENGAGE YOUR WILL

What determined action do you need to take this week?

Be honest with God about your suffering or struggle and ask Him to give you mercy, grace, love and forgiveness.

HOPE FOR A **NEW YOU**

Therefore, if anyone is in Christ,

he is a new creation.

The old has passed away;

behold, the new has come.

2 Corinthians 5:17



- 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 FOR A NEW YOU

2 CORINTHIANS 5:17



1. My identity is _____ by
_____ Christ (17a)

2. My identity is _____ by
_____ the old me (17b)

3. My identity is _____ by
_____ my old self with a new me (17c)

IDENTITY LIES

I am what I have.

This is the identity lie of possessions. The sum of your worth is what you possess - your home, your car, your bank account, clothes, your stuff. It's the endless cycle of materialism.

I am what I do.

This is the identity lie of performance. Who I am is what I do, what I accomplish, who I impress with all that I do.

I am what other people say or think of me.

This is the identity lie of people-pleasing. I live for the affirmation and approval of others and feel destroyed by a negative opinion from someone else.

I am nothing more than my worst moment.

This is the identity lie of past regret. I am a slave to my past and keep reliving how I messed up or was hurt by someone else.

I am nothing less than by best moment.

This is the identity lie of pride. I am my success, my achievements. The end justifies the means. I don't need to address weaknesses because I focus only on my accomplishments.



REFLECT + DISCUSS

Reflect on these questions before discussing as a group.

Get Talking

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

Go Deeper

- What lies have you been tempted to believe about your identity?
- What is your faith story? Are you “in Christ”? When did you turn from your sin (repentance) and embrace Jesus by faith (belief) for the forgiveness of your sin?
- What identity statements do you need to claim the most in this season of your 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



SHARE + CARE + PRAYER

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

Who is missing from your group today? Who will reach out to him/her this week?

Renew Your Mind

*Therefore, if anyone is in Christ, he is a new creation.
The old has passed away; behold, the new has come.
2 Corinthians 5:17*

KEEP GOING + GROWING

[FURTHER STUDY THIS WEEK]

READ: ENGAGE YOUR MIND

Read the following verses and write out your observations.

- 2 Corinthians 5:17
- Ezekiel 36:26
- Ezekiel 11:19
- Romans 6:4
- Romans 7:6
- Isaiah 40:31
- Romans 12:2

REFLECT: ENGAGE YOUR HEART

What lies have you been tempted to believe about your identity?

What from your past do you need to release or address so that you can move forward?

What is your personal story of faith in Jesus?

Memorize: 2 Corinthians 5:17

RESPOND: ENGAGE YOUR WILL

What statements of identity in Christ do you need to claim the most in this season of your life?

Ask God to help you live from your identity and not for your identity.

HOPE AS A NEW YOU

⁵ Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. ⁶ On account of these the wrath of God is coming. ⁷ In these you too once walked, when you were living in them. ⁸ But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. ⁹ Do not lie to one another, seeing that you have put off the old self with its practices ¹⁰ and have put on the new self, which is being renewed in knowledge after the image of its creator. ¹¹ Here there is not Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free; but Christ is all, and in all.

¹² Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, ¹³ bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.

¹⁴ And above all these put on love, which binds everything together in perfect harmony. - Colossians 3:5-7, 12-14



- 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 AS A
NEW YOU
COLOSSIANS 3:5-14

We don't live _____ our identity. We live _____ our identity.

1. Put _____ Your Sinful Flesh - This is _____ who you are (3:5-9)

Put to death

- *sexual immorality*
- *impurity*
- *passions*
- *evil desires*
- *covetousness*
- *idolatry*
- *anger*
- *wrath*
- *malice*
- *slander*
- *obscene talk*
- *lying*

2. Put _____ Your Identity in Christ - This is _____ you are (3:10-14)

Put on _____ because you are _____.

- *compassion*
- *kindness*
- *humility*
- *meekness*
- *patience*

Put on _____ because you are _____.

Forgiveness is ...

Put on _____ because you are _____.

REFLECT + DISCUSS

Reflect on these questions before discussing as a group.

Get Talking

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

Go Deeper

- We live from our identity. What does this mean?
- What areas of your sinful flesh do you need to put off - because you understand this is not who you are?
- In what ways do you need to put on your identity in Christ - because you understand this is who you are?

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 him/her this week?

Renew Your Mind

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience. - Colossians 3:12

KEEP GOING + GROWING

[FURTHER STUDY THIS WEEK]

READ: ENGAGE YOUR MIND

Read the following verses and write out your observations.

- Colossians 3:5-14
- Proverbs 6:32
- Matthew 5:28
- James 3:2
- Ephesians 1:3-4
- 2 Peter 3:9
- 1 John 3:18

REFLECT: ENGAGE YOUR HEART

Why does behavior flow from identity?

What are sins of the flesh that you need to put off?

In what ways do you need to put on your identity in Christ?

Memorize: Colossians 3:12

RESPOND: ENGAGE YOUR WILL

What determined action do you need to take this week?

Through prayer or journaling, ask God to empower to live from your identity in Christ.

HOPE FOR A RENEWED

MIND

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God what is good and acceptable and perfect. - Romans 12:2



- 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 FOR A RENEWED MIND

ROMANS 12:2

What Consumes Your Mind?				
Regret	Bitterness	Lust	Anxiety	Resentment
Worry	Jealousy	Fear	Pride	Discouragement
Shame	Insecurity	Fantasy	Doubt	_____

1. _____ Your Mind from _____
Thoughts

3 Enemies of Your Mind

- The _____
- Your _____
- The _____

Strongholds: _____ *patterns of thinking*
based on _____ *you believe*

2. _____ Your Mind with _____

Renew Your Mind with The Word

HEAR THE WORD - Make it a priority to participate in church and Hope Groups. Listen to Word throughout the week. Put yourself in places to hear the Word.

READ THE WORD - Open your Bible during the week. Each week you receive a "Keep Going + Growing" worksheet with verses to read (engage your mind), reflect (engage your heart), and respond (engage your will). What if you were to give the first minutes of each day to reading the Word? How could spending a few minutes reading the Word each day transform you?

MEDITATE ON THE WORD - Mystic meditation and biblical meditation could not be more opposite. Literally. Mystic meditation is about emptying your mind. Biblical meditation is filling your mind. It moves beyond reading the Word to reflecting on the Word throughout the day and personalizing it for yourself.

MEMORIZE THE WORD - Start with the weekly "Renew Your Mind" memory verse. Many people think they cannot memorize the Word. But that's a lazy answer. Anyone who truly wants to memorize the Word can memorize the Word. Simply write the verse on an index card. Read it 5x/day for a week and you will have it memorized.

DISCUSS THE WORD - This is what we do each week at Hope Group. We hear the Word and read the Word. Then we discuss it together to apply it in our lives.

3. _____ Your Mind for _____ Thoughts

- *Is it true?*
- *Is it honorable?*
- *Is it just?*
- *Is it pure?*
- *Is it lovely?*
- *Is it commendable?*
- *Is it praiseworthy?*

FILTER YOUR THINKING

This grid is to help filter out unhealthy thinking and filter in healthy thinking.

<p>GRAB THE THOUGHT <i>What is it?</i></p>	<p>DIAGNOSE THE THOUGHT <i>Is it true?</i></p>
<p>TAKE IT TO GOD <i>What does God say?</i></p>	<p>MAKE A CHOICE <i>Am I going to believe God?</i></p>

REFLECT + DISCUSS

Reflect on these questions before discussing as a group.

Get Talking


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

Go Deeper

- What has been consuming your mind recently? Why do you think it is consuming your mind?
- What strongholds of thinking need to be demolished in your life?
- Why are the transformative disciplines in God's Word important? Which discipline can you grow in?

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 forms a rectangular frame around the text and the sneaker illustration. The text "My Hope Step This Week" is inside a dark grey box on the left, and the sneaker illustration is on the right. A horizontal dotted line connects the box to the sneaker. Vertical dotted lines extend from the top and bottom of the box and the sneaker down to a horizontal dotted line at the bottom, which then connects back to the left side of the box.

SHARE + CARE + PRAYER

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

Who is missing from your group today? Who will reach out to him/her this week?

Renew Your Mind

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. - Romans 12:2

KEEP GOING + GROWING

[FURTHER STUDY THIS WEEK]

READ: ENGAGE YOUR MIND

Read the following verses and write out your observations.

- Romans 12:2
- 2 Corinthians 10:3-5
- Romans 8:5-7
- Philippians 4:8
- Isaiah 26:3
- Ephesians 4:23
- Colossians 3:2

REFLECT: ENGAGE YOUR HEART

What inputs do you have in your life that are a source of unhealthy thinking?

What habitual patterns of thinking based on lies are you believing?

Write out a prayer asking the Lord to empower you to destroy strongholds and take every thought captive.

Memorize: Romans 12:2

RESPOND: ENGAGE YOUR WILL

How will you renew your mind with God's Word this week?

How will you filter out unhealthy thinking and filter in healthy thinking?

HOPE TO GUARD YOUR **HEART**

*Above all else, guard your heart,
for everything you do flows from it.*

Proverbs 4:23 (NIV)



- 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 TO GUARD YOUR HEART

PROVERBS 4:23

1. Guard Your Heart - it's a _____ (Proverbs 4:23)

All behavior flows from the heart -

- *What you* _____ - *your* _____
- *What you* _____ - *your* _____
- *What you* _____ - *your* _____

2. Guard Your Heart - it _____ good and bad (Luke 6:43-45)

3. Guard Your Heart - it _____ temptation (James 1:14-15)



DOUBT			
_____	_____		
<i>I want to be my own god.</i>	<i>I doubt God's way is best.</i>		
<i>I deserve better.</i>	<i>I don't deserve this.</i>		
<i>I want to be in control because ... I want to do what I want to do.</i>	<i>I want to be in control because ... I can't trust God.</i>		
_____	_____	_____	_____
<i>God's not just</i>	<i>God's not sufficient</i>	<i>God isn't trustworthy</i>	<i>God's not good</i>
<i>I won't</i>	<i>I want</i>	<i>I can't</i>	<i>I doubt</i>

REFLECT + DISCUSS

Reflect on these questions before discussing as a group.

Get Talking

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

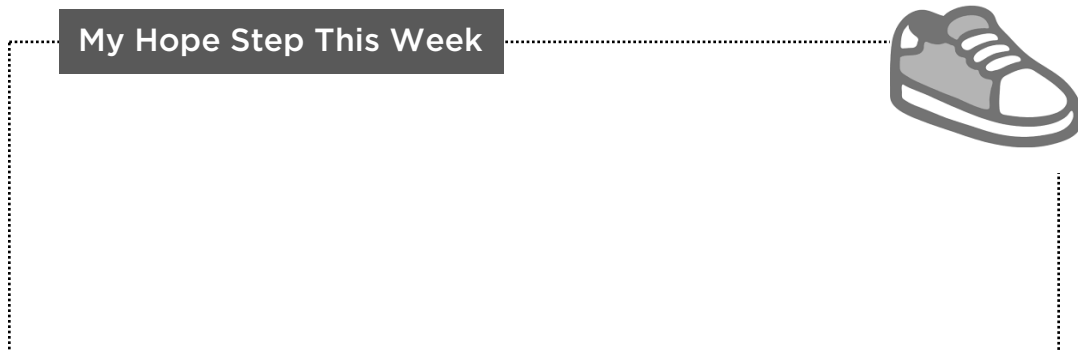
Go Deeper

- *“You only ever do what you most want to do.”* Do you agree or disagree with this statement? Why?
- Why is fighting sin the wrong focus?
- Which of these prominent heart attitudes is your biggest struggle - anger, fear, foolishness, or despair?

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 drops vertically down, then extends horizontally across the bottom, and finally drops vertically up back to the box, forming a rectangular frame.

SHARE + CARE + PRAYER

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

Who is missing from your group today? Who will reach out to him/her this week?

Renew Your Mind

Keep your heart with all vigilance, for from it flow the springs of life. - Proverbs 4:23

KEEP GOING + GROWING

[FURTHER STUDY THIS WEEK]

READ: ENGAGE YOUR MIND

Read the following verses and write out your observations.

- Proverbs 4:23
- Jeremiah 17:9
- Matthew 22:37-39
- Luke 6:43-45
- James 1:14-15
- 1 Peter 2:24
- Hebrews 4:12

REFLECT: ENGAGE YOUR HEART

What causes doubt instead of faith?

Where do you see pride or unbelief in your life?

Which of these prominent heart attitudes is your biggest struggle – anger, fear, foolishness, or despair?

Memorize: Proverbs 4:23

RESPOND: ENGAGE YOUR WILL

How will you guard your heart this week?

How can you address your prominent heart attitude (above) this week?

FREEDOM FROM **FOOLISHNESS**

¹⁵ Look carefully then how you walk, not as unwise but as wise, ¹⁶ making the best use of the time, because the days are evil.

¹⁷ Therefore do not be foolish, but understand what the will of the Lord is.

¹⁸ And do not get drunk with wine, for that is debauchery, but be filled with the Spirit. -

Ephesians 5:15-18



- 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?



FREEDOM FROM FOOLISHNESS

EPHESIANS 5:15-17

1. Wisdom: Following the Will of _____.

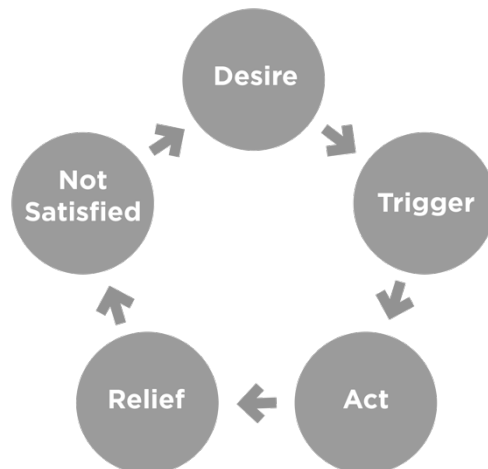
2. Foolishness: Following the Will of _____.

Addiction: being _____ or _____ occupied or involved with something

- *Obsession* - something is too much on our _____.
- *Compulsive* - something is too much in our _____.

Types of Addictions					
Circle all that apply to you					
Alcohol	Cell Phone	Pornography	Gambling	Caffeine	Medication
Food	Sugar	Illicit Drugs	Lying	Work	Sex
Nicotine	Politics	Person/People	Theft	TV	Video Games
Shopping	Fitness	Pleasure	Sports	Fantasy	Social Media
Lust	Gossip	_____	_____	_____	_____

THE ADDICTION TRAP



GET TO THE HEART OF DESIRE

- What do you do when ...
 - *you're bored and lonely with nothing to do?*
 - *you're stressed, frustrated, or worn-out?*
 - *you're hurt, betrayed, or treated unfairly?*
- Why are you seeking to ...
 - *find relief,*
 - *forget something,*
 - *fill a void,*
 - *manage an emotion,*
 - *fit in with others,*
 - *be in control,*
 - *have significance,*
 - *get attention, or*
 - *experience pleasure?*

The answer to these questions gets to the heart of the desire.

ACTIONS STEPS

1. Be honest with _____.
2. Be honest with _____.
3. Be honest with _____.
4. Write out a _____.
5. Get to the _____ of your desire.
6. Live from your _____ in Christ.

REFLECT + DISCUSS

Reflect on these questions before discussing as a group.

Get Talking

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

Go Deeper

- In what specific ways do you struggle with foolishness?
- Can you identify with any of the addictions on the list? Explain.
- Why is the addictive cycle a trap?

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 him/her this week?

Renew Your Mind

Therefore do not be foolish, but understand what the will of the Lord is. - Ephesians 5:17

KEEP GOING + GROWING

[FURTHER STUDY THIS WEEK]

READ: ENGAGE YOUR MIND

Read the following verses about foolishness and write out your observations.

- Ephesians 5:15-18
- 1 Corinthians 6:9-11
- Proverbs 1:7
- Proverbs 14:16
- 1 Peter 5:8
- Galatians 5:1
- John 8:36

REFLECT: ENGAGE YOUR HEART

How do you feel you are doing with the time God has entrusted to you? Are you walking as wise or unwise?

In what ways do you struggle with foolishness?

What might be some heart motives behind your foolishness?

Memorize: Ephesians 5:17

RESPOND: ENGAGE YOUR WILL

What specific actions steps do you to take this week? What will you do? And when?

Be honest with God about your foolishness – repent of foolishness, ask God to fill you with strength to walk in wisdom.

FREEDOM FROM **FEAR**

*For God gave us a spirit not of fear,
but of power and love and
self-control - 2 Timothy 1:7*



- 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?



FREEDOM FROM FEAR

2 TIMOTHY 1:7

COMMON FEARS

Circle all that apply

Failure	Loneliness	Death	Commitment	Being Judged	Love
Rejection	Getting caught	Illness	Abandonment	Financial Loss	Change
Uncertainty	Losing Control	Loss	Getting Hurt	Something Bad	_____

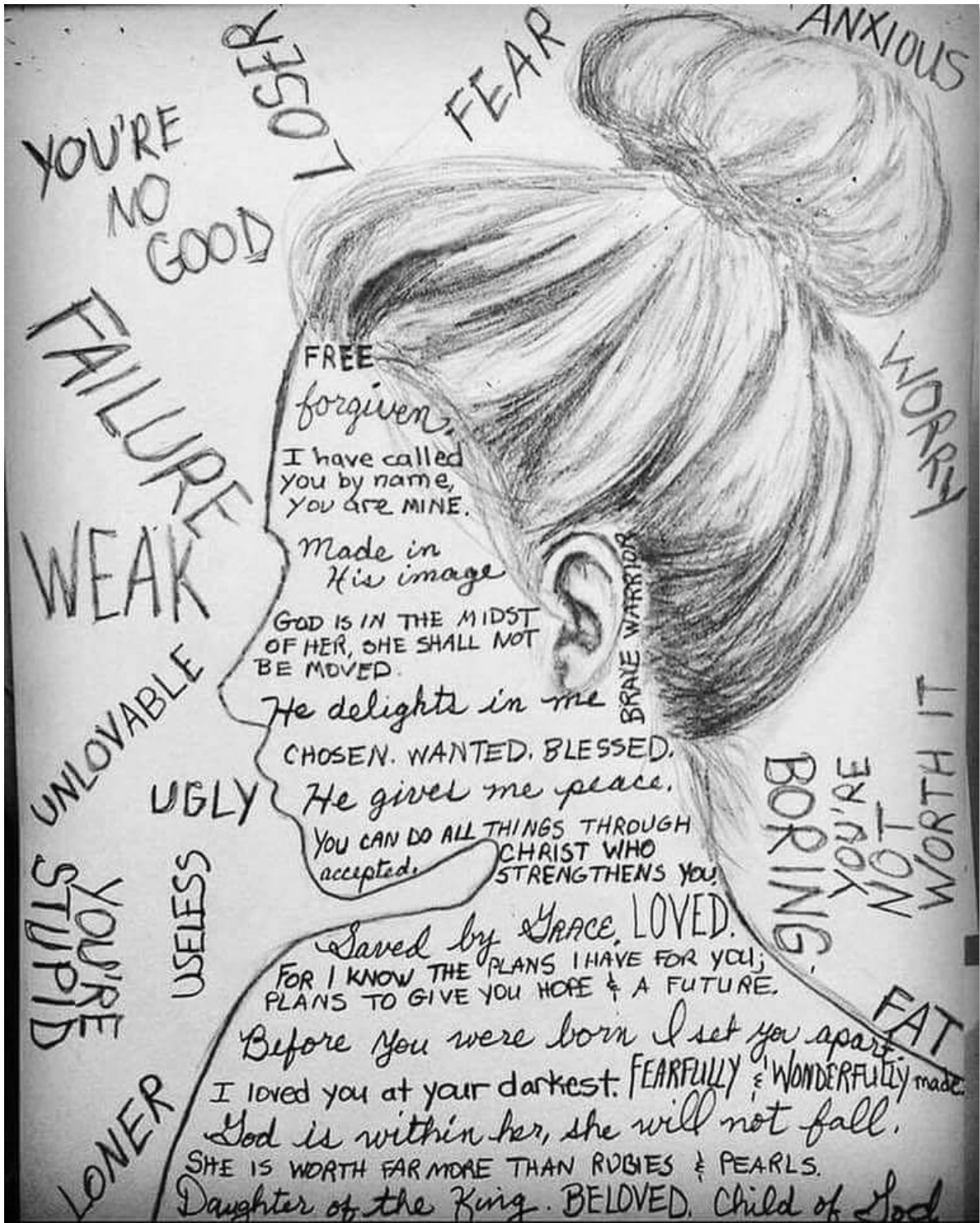
1. I don't need to _____.

- Fear is being afraid ____ something.
- Worry is being concerned _____ something.
- Anxiety is when our minds dwell on _____ and _____.

2. I don't need to fear, I can _____ on _____ from God.

3. I don't need to fear, I can _____ in the _____ of God.

4. I don't need to fear, I can _____ from God.



IDENTIFY FEAR, INSERT TRUTH

FEAR	TRUTH
Death	<i>I write these things to you who believe in the name of the Son of God, that you may know that you have eternal life. 1 John 5:13</i>
Abandonment	<i>fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. - Isaiah 41:10</i>
Love	<i>There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love. 1 John 4:18</i>
Loneliness	<i>"Fear not, for I have redeemed you; I have called you by name, you are mine. ² When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. Isaiah 43:1-2</i>
Financial loss	<i>And my God will supply every need of yours according to his riches in glory in Christ Jesus. - Philippians 4:19</i>
Being judged	<i>But with me it is a very small thing that I should be judged by you or by any human court. In fact, I do not even judge myself. - 1 Corinthians 4:3</i>
Failure	<i>For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ. - Galatians 1:10</i>
Uncertainty	<i>Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble. - Matthew 6:34</i>
Getting Caught	<i>For the Lord disciplines the one he loves, and chastises every son whom he receives. - Hebrews 12:6</i>
Rejection	<i>have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world. John 16:33</i>



REFLECT + DISCUSS

Reflect on these questions before discussing as a group.

Get Talking

- How did God speak to you at Hope Group today?

Go Deeper

- In what ways do you struggle with fear, worry, or anxiety? Explain.
- How can power, love, and self-control counteract fear?
- How is fear and faith interconnected?

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 him/her this week?

Renew Your Mind

*For God has not given us a spirit of fear, but
of power and of love and of a sound mind
2 Timothy 1:7 (NKJV)*

KEEP GOING + GROWING

[FURTHER STUDY THIS WEEK]

READ: ENGAGE YOUR MIND

Read the following verses about fear and write out your observations.

- 2 Timothy 1:7
- Matthew 6:25-34
- Lamentations 3:21-23
- Isaiah 26:3
- Psalm 34:3
- Philippians 4:6-8
- Isaiah 41:10

REFLECT: ENGAGE YOUR HEART

In what ways do you struggle with fear?

What might be root issues behind your fear?

How are faith and fear interconnected?

Memorize: 2 Timothy 1:7

RESPOND: ENGAGE YOUR WILL

What truth from God's Word do you need to replace a fear in your life?

Be honest with God about your fear. Ask God to empower you to not fear circumstances, people, or irrationally.

FREEDOM FROM **DESPAIR**

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

Romans 15:13



- 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?



FREEDOM FROM DESPAIR

ROMANS 15:13



1. I don't need to despair - God gives _____.

HAPPINESS	JOY
Emotion	
External	
Temporary	
About Circumstances	
Rooted in Self	

Joy is delight in the _____ of God, the _____
of God, and the _____ of God.

2. I don't need to despair - God gives _____.

- Peace _____ God

- Peace _____ God

- Peace _____ God

3. I don't need to despair - God gives _____.

Hope is the confident assurance that God's _____ and
_____ will _____.

REFLECT + DISCUSS

Reflect on these questions before discussing as a group.

Get Talking

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

Go Deeper

- Where are you at on the spiral of hopelessness? Explain.
- How do you deal with disappointments? Any examples?
- What do you need God to fill you with the most today - joy, peace, or hope? 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



SHARE + CARE + PRAYER

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

Who is missing from your group today? Who will reach out to him/her this week?

Renew Your Mind

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

KEEP GOING + GROWING

[FURTHER STUDY THIS WEEK]

READ: ENGAGE YOUR MIND

Read the following verses about despair and write out your observations.

- Romans 15:13
- John 15:11
- Psalm 51:12
- Romans 5:3-5
- Philippians 4:6-7
- Romans 8:28
- 2 Corinthians 4:8-9

REFLECT: ENGAGE YOUR HEART

In what ways do you struggle with despair?

What might be root issues behind your despair?

Which do you need most in your life currently - joy, peace, or hope? Explain.

Memorize: Romans 15:13

RESPOND: ENGAGE YOUR WILL

What truth from God's Word do you need to replace despair in your life?

Be honest with God about your despair. Ask God to replace despair with joy, peace, and hope.

FREEDOM FROM **ANGER**

¹⁹ Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; ²⁰ for the anger of man does not produce the righteousness of God. - James 1:19-20



- 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?



FREEDOM FROM ANGER

JAMES 1:19-20

Types of Anger in the Bible

_____ Anger	God's _____ anger toward sin and disobedience	<i>The wrath of God is being revealed from heaven against all the godlessness and wickedness of men who suppress the truth by their wickedness. - Romans 1:18</i>
_____ Anger	Human anger that acts and reacts for right _____ in the right _____.	<i>Be angry and do not sin; do not let the sun go down on your anger - Ephesians 4:26</i>
_____ Anger	Human anger that acts and reacts for right _____ in the right _____.	<i>for the anger of man does not produce the righteousness of God. - James 1:20</i>

Is My Anger Righteous or Unrighteous?

wrong reasons	right reasons	wrong reasons	right reasons
expressed wrongly	expressed wrong	expressed rightly	expressed rightly



Red Hot Anger	Ice-Cold Anger
Proverbs 15:18	Hebrews 12:15
<i>Explodes</i>	
	<i>Concealed</i>
<i>Aggressive</i>	
	<i>Vindictive</i>

Which expression of anger do you express the most?

1. _____ to _____

2. _____ to _____

3. _____ to _____

Things that Fuel Anger					
<i>Hurt</i>	<i>Guilt</i>	<i>Shame</i>	<i>Betrayal</i>	<i>Insecurity</i>	<i>Powerlessness</i>
<i>Rejection</i>	<i>Resentment</i>	<i>Hopelessness</i>	<i>Pride</i>	<i>Failure</i>	<i>Helplessness</i>
<i>Loneliness</i>	<i>Depression</i>	<i>Worthlessness</i>	<i>Grief</i>	<i>Remorse</i>	<i>Low Self-esteem</i>
<i>Exhaustion</i>	<i>Worry</i>	<i>Feeling Trapped</i>	<i>Jealousy</i>	<i>Stressed</i>	<i>Disappointed</i>
<i>Fear</i>	<i>Sadness</i>	<i>Embarrassed</i>	<i>Loss</i>	<i>Nervousness</i>	<i>Being Humiliated</i>

Three Common Roots of Anger

- _____ from unmet needs
- _____ from unmet expectation
- _____ from being threatened

4. _____ for _____

REFLECT + DISCUSS

Reflect on these questions before discussing as a group.

Get Talking

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

Go Deeper

- In what specific ways do you struggle with anger?
- Which of the two expressions of anger do you express the most?
- Can you identify with the root causes of anger - hurt, frustration, insecurity? 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



SHARE + CARE + PRAYER

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

Who is missing from your group today? Who will reach out to him/her this week?

Renew Your Mind

*¹⁹ Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger
James 1:19*

KEEP GOING + GROWING

[FURTHER STUDY THIS WEEK]

READ: ENGAGE YOUR MIND

Read the following verses about anger and write out your observations.

- Ephesians 4:26-32
- James 1:19-20
- Proverbs 29:22
- Hebrews 12:15
- Exodus 34:6-7
- Proverbs 15:18
- Psalm 103:8-13

REFLECT: ENGAGE YOUR HEART

In what ways do you struggle with anger?

What might be root issues behind your anger?

Is there anyone in your life that you need to forgive?

Memorize: Ephesians 4:31

RESPOND: ENGAGE YOUR WILL

What specific actions steps do you to take this week? What will you do? And when?

Be honest with God about your anger. Ask God to empower you to practice patience, show kindness, extend forgiveness.

FREEDOM THROUGH **FORGIVENESS**

³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. ³² 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?
- What was your “hope step” from last week?
- Did anyone memorize the memory verse?
- Any personal updates?



FREEDOM THROUGH FORGIVENESS

Ephesians 4:31-32



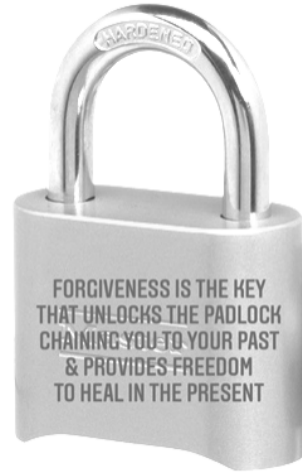
Forgiveness is ...

a _____ to _____ God by letting go of _____
and _____ toward someone who _____ you.

- *a choice*
- *trust God*
- *releasing*
- *resentment and revenge*
- *someone who hurt you*

1. Forgiving people are _____.

- Bitterness
- Wrath
- Anger
- Clamor
- Slander
- Malice



2. Forgiven people _____.

How the Lord Forgives

- _____ - *don't deserve it; can't earn it*
- _____ - *not partially; completely*
- _____ - *not reluctantly, but completely*

Forgiveness is not ...

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

3. Forgiven people do not _____ themselves.

Since God has forgiven you, you are _____. What more is there to forgive that you need to _____ yourself? To insist that you need to forgive yourself means that _____ forgiveness is insufficient.

FORGIVEN PEOPLE FORGIVE

Forgiveness does not mean pretending that an offense did not happen. That is denial. Forgiveness is about facing reality God's way. Use this worksheet to journal areas of forgiveness.

<p style="text-align: center;">WHO?</p> <p style="text-align: center;">List people with whom you have unresolved hurt.</p>	<p style="text-align: center;">WHAT?</p> <p style="text-align: center;">List specific offenses. What ways were you wronged?</p>	<p style="text-align: center;">HOW?</p> <p style="text-align: center;">List how you responded or will respond to who/what.</p>
<p><i>List names (or initials) of people who have sinned against you and with whom you currently have unresolved issues in your heart.</i></p> <p><i>The goal of this exercise is to identify areas of forgiveness.</i></p>	<p><i>List specific ways you have been sinned against by those in the first column.</i></p> <p><i>You don't need to try to dredge up things you don't recall. God may have erased some painful memories from your mind. Harm can be done to seek to conjure up memories that God may have mercifully removed.</i></p>	<p><i>Have you...</i></p> <ul style="list-style-type: none"> <i>retaliated?</i> <i>withheld love?</i> <i>been bitter?</i> <i>gossiped?</i> <i>prayed for?</i> <i>forgiven?</i> <i>talked it out?</i> <p><i>You're not responsible for what happened to you, but you are responsible for your response.</i></p>

REFLECT + DISCUSS

Reflect on these questions before discussing as a group.

Get Talking

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

Go Deeper

- Which do you find harder - a) receive forgiveness from God, b) forgive others, or c) forgive yourself? Explain.
- Forgiveness is amazing to get, but hard to give. Why do you think this is?
- Who or what do you still need to forgive?

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 our group today? Who will reach out to him/her this week?

Renew Your Mind

³² *Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.*

Ephesians 4:32

KEEP GOING + GROWING

[FURTHER STUDY THIS WEEK]

READ: ENGAGE YOUR MIND

Read the following verses and write out your observations.

- Colossians 3:12-14
- Genesis 41:50-52
- Psalm 56:8-11
- Matthew 6:14-15
- Matthew 18:21-22
- Luke 23:34
- Ephesians 4:29-32

REFLECT: ENGAGE YOUR HEART

Which of is harder for you – A) to receive forgiveness from God, B) to forgive others, or C) to forgive yourself? Explain.

“The more you pain consumes you, the more your pain controls you.” How have you seen this reality in your life?

Why is forgiving yourself really about embracing and appropriating God’s forgiveness of you?

Memorize: Colossians 3:13

RESPOND: ENGAGE YOUR WILL

Complete the “Forgiven People Forgive” worksheet and take appropriate steps.

Be honest with God about your struggle to forgive and ask him to give you “Manasseh” and “Ephraim.”

HOPE FROM THE SPIRIT

¹⁶ But I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

²⁴ And those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ If we live by the Spirit, let us also keep in step with the Spirit.

Galatians 5:16-17, 24-25



- 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?

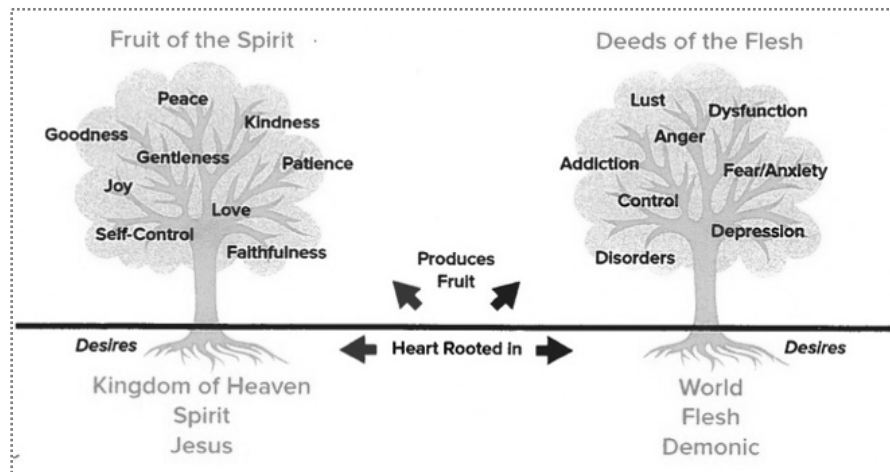


HOPE FROM THE SPIRIT

GALATIANS 5:16-25

1. Realize the _____ (Galatians 5:16-18)

2. Recognize the _____ (19-23)



^STEPS: Gospel-Centered Recovery, Lifeway

3. Respond to the _____ (24-25)

Choice 1: _____ your flesh (24)

Choice 2: _____ by the Spirit (25)

And do not get drunk with wine, for that is debauchery, but be filled with the Spirit,
Ephesians 5:18

Being filled with the Holy Spirit is

- a _____
- about _____

Ways to resist the Holy Spirit

<i>Do not grieve the Holy Spirit</i> Ephesians 4:30	Grieve the Spirit: Doing things the Spirit doesn't want me to do	Ways I have Grieved the Spirit:
<i>Do not quench the Holy Spirit</i> 1 Thessalonians 5:19	Quench the Spirit: Not doing things the Spirit wants me to do	Ways I have Quenched the Spirit:

Pray to be Filled with the Spirit

<i>²³ Search me, O God, and know my heart! Try me and know my thoughts! ²⁴ And see if there be any grievous way in me and lead me in the way everlasting!</i> Psalm 139:23-24	P _____	This is a bold and vulnerable prayer to pray. Ask God to search you and to show you how you are grieving or quenching the Spirit. You cannot fully be filled with the Spirit if you are unwilling to open all areas of your life to the Lord to do some house cleaning. We clean out our house through repentance.
<i>⁹ If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.</i> 1 John 1:9	R _____	The Holy Spirit cannot fill you if you are filled with sin. As you confess your sins you are not only forgiven, but you are cleansed. You are clearing out sin and creating room for the Spirit.
<i>¹¹ What father among you, if his son asks for a fish, will instead of a fish give him a serpent; ¹² or if he asks for an egg, will give him a scorpion? ¹³ If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!" -Luke 11:11-13</i>	A _____	The Father gives the Spirit to those who ask him! It's as simple as praying, "Lord, fill me with your Spirit today. Fill me with your presence and your power." This a great prayer to pray every time you eat. At the same time, you eat to replenish your body you can ask to be replenished with the Spirit.
<i>¹⁹ Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own 1 Corinthians 6:19</i>	Y _____	When you yield to the Lord, instead of grieving and quenching the Spirit, you maintain the filling of the Spirit. We do not need more will power in our lives; we need more Holy Spirit power in our lives.

REFLECT + DISCUSS

Reflect on these questions before discussing as a group.

Get Talking


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

Go Deeper

- Do you realize the conflict between your flesh and the Spirit? Explain.
- Which tree best represents you? How does your fruit reveal your roots? What steps do you need to take to be rooted in the Spirit?
- How have you grieved or quenched the Spirit in the past week? In what ways do you need to crucify your flesh and be filled with the Spirit?

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 connects the text box to the sneaker illustration. A larger dotted line forms a rectangular frame around the text box and the sneaker, with the bottom and right sides being open.

HOPE IN THE BATTLE

10 Finally, be strong in the Lord and in the strength of his might. 11 Put on the whole armor of God, that you may be able to stand against the schemes of the devil. 12 For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. 13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. 14 Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, 15 and, as shoes for your feet, having put on the readiness given by the gospel of peace. 16 In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; 17 and take the helmet of salvation, and the sword of the Spirit, which is the word of God, 18 praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints -
Ephesians 6:10-18



- 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 IN THE BATTLE

EPHESIANS 6:10-18



1. Stand _____: our enemy is not of this world (10-12)

As believers we do not fight _____ victory,
we fight _____ victory.

Your greatest battle is not relational, cultural, political, financial,
or circumstantial. Your greatest battle is _____.

Who is the Devil?

A deceiver - 2 Corinthians 11:3

The adversary - 1 Peter 5:8

The father of lies - John 8:44

The slanderer - Revelation 13:6

The tempter - Matthew 4:3

The destroyer - Revelation 9:11

The thief who comes to kill and destroy - John 10:10

A murderer - John 8:44

The serpent - Genesis 3:1; Revelation 12:9

The dragon - Revelation 12:7

The "evil one" - Matthew 13:19

The accuser of the brothers - Revelation 12:10

The ruler of the darkness of the world - Ephesians 6:12

The one who blinds the minds of unbelievers - 2 Corinthians 4:4

The prince of the power of the air - Ephesians 2:2

The prince of this world - 2 Corinthians 4:4

The lawless one - 2 Thessalonians 2:8-9

One who masquerades as an angel of light - 2 Corinthians 11:14

One who roams the earth looking for someone to devour - 1 Peter 5:8

One who hatches clever schemes to outwit us - 2 Corinthians 2:11

2. Fight _____: our weapons guarantee success (13-20)



3. Stay _____: our companions stand by our side (21-24)

REFLECT + DISCUSS

Reflect on these questions before discussing as a group.

Get Talking

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

Go Deeper

- How does understanding your primary battle is a spiritual battle give you a better perspective of your battle?
- Which piece of armor do you need to focus on the most this week?
- We don't fight for victory. We fight from victory. How does this reality give you confidence in your battle?

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 him/her this week?

Renew Your Mind

¹⁰ Finally, be strong in the Lord and in the strength of his might. - Ephesians 6:10

KEEP GOING + GROWING

[FURTHER STUDY THIS WEEK]

READ: ENGAGE YOUR MIND

Read the following verses and write out your observations.

- Ephesians 6:10-18
- 1 Peter 5:8
- John 8:44
- Colossians 2:14-15
- 1 John 4:4
- 1 John 5:4-5
- James 4:7

REFLECT: ENGAGE YOUR HEART

How does understanding your primary battle is a spiritual give you a perspective of your battle?

Why is the full armor of God important?

Why is prayer a secret weapon in battle?

Memorize: Ephesians 6:10

RESPOND: ENGAGE YOUR WILL

How will you intentionally put in the armor of God this week?

Ask God to help you be strong in the Lord and in the strength of His might this week.

HOPE THROUGH ACCOUNTABILITY

⁵ *This is the message we have heard from him and proclaim to you,
that God is light, and in him is no darkness at all.*

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.*

⁸ *If we say we have no sin, we deceive ourselves,
and the truth is not in us.*

⁹ *If we confess our sins, he is faithful and just to forgive us
our sins and to cleanse us from all unrighteousness.*

¹⁰ *If we say we have not sinned, we make him a liar,
and his word is not in us.*

1 John 1:5-10



- 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 THROUGH ACCOUNTABILITY

1 JOHN 1:5-10

Honesty is the _____ to genuine and lasting change.

1. Be Honest with _____ (8)

2. Be Honest with _____ (9)

REDEMPTIVE ACCOUNTABILITY

... is voluntary disclosure,
not an invasion of privacy.

... is commending
progress, not demanding
perfection

... is keeping a
commitment, not making a
commitment

... is seeking prayer for an
area of struggle of
suffering for support, not
confession of sin

... is reciprocal sharing, not
one individual sharing

... is asking heart-revealing
questions, not a legalistic
list

... is grace and truth, not
grace or truth

3. Be Honest with _____ (6-7)

REDEMPTIVE ACCOUNTABILITY:

*Being _____ allied in _____ to
_____ and _____ each other
to become like Jesus.*

*Redemptive accountability is experienced when you are willing to
be honest about your suffering or struggling with others
who will encourage and exhort you to become like Jesus.*

Redemptive accountability happens when you find a group of people who ...

- *Become _____ for each other's growth to become like Jesus*
- *Choose _____ and _____ over condemnation and shame*
- *Pray _____ and _____ each other*
- *Follow _____ and follow _____ with each other during the week*
- *Are _____ in the Word of God*

REFLECT + DISCUSS

Reflect on these questions before discussing as a group.

Get Talking

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

Go Deeper

- Do you want to redeem accountability in your life?
- Why is being honest with self, God, and others a prerequisite for experiencing victory and lasting change?
- Why does effective accountability require both encouragement and exhortation?

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



KEEP GOING + GROWING

[FURTHER STUDY THIS WEEK]

READ: ENGAGE YOUR MIND

Read the following verses and write out your observations.

- 1 John 1:5-10
- Jeremiah 17:9
- James 5:16
- Ephesians 4:15
- Romans 1:12
- Hebrews 10:23-24
- Hebrews 3:12-13

REFLECT: ENGAGE YOUR HEART

What hinders you from being honest with yourself?

What hinders you from being honest with God?

What hinders you from being honest with others?

Memorize: 1 John 1:7

RESPOND: ENGAGE YOUR WILL

How will you intentionally seek accountability this week?

Ask God to help you become more like Christ through redeeming accountability.

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

FORMAT + FLOW

Check In (30 minutes)

- Share: How are you doing? High and low from the week? Any struggles or victories?
- Follow Up: Review “My Next Step” from the previous week and the “Renew Your Mind” memory verse.
- Prayer: Spend time praying for your time together at Hope Group.

Story of Hope + Teaching (30 minutes)

- Story of Hope (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

Reflect + Discuss (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
- Wrap up your group with Share + Care + Prayer

RENEW YOUR MIND

Weekly Memory Verses

1 | Hope at Rock Bottom

*For this my son was dead, and is alive again; he was lost, and is found.
And they began to celebrate. - Luke 15:24*

2 | Hope for a New You

*Therefore, if anyone is in Christ, he is a new creation. The old has passed away;
behold, the new has come. - 2 Corinthians 5:17*

3 | Hope as a New You

*Put on then, as God's chosen ones, holy and beloved, compassionate
hearts, kindness, humility, meekness, and patience - Colossians 3:12*

4 | Hope to Renew Your Mind

*Do not be conformed to this world, but be transformed by the renewal
of your mind, that by testing you may discern what is the will of God,
what is good and acceptable and perfect. - Romans 12:2*

5 | Hope to Guard Your Heart

*Keep your heart with all vigilance, for from it flow the springs of life.
Proverbs 4:23*

6 | Freedom from Foolishness

*Therefore do not be foolish, but understand what the will of the Lord is.
Ephesians 5:17*

7 | **Freedom from Fear**

*For God has not given us a spirit of fear, but of power and of love and of a sound mind.
2 Timothy 1:7*

8 | **Freedom from Despair**

*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*

9 | **Freedom from Anger**

*Know this, my beloved brothers: let every person be quick to hear,
slow to speak, slow to anger - James 1:19*

10 | **Freedom through Forgiveness**

*Be kind to one another, tenderhearted, forgiving one another,
as God in Christ forgave you. - Ephesians 4:32*

11 | **Hope in the Battle**

*Finally, be strong in the Lord and in the strength of his might.
Ephesians 6:10*

12 | **Hope for Helping Others**

*Bear one another's burdens, and so fulfill the law of Christ.
Galatians 6:2*

13 | **Hope through Accountability**

*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 1:7*

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: _____

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ADDITIONAL NOTES

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.



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