

HOPE

LIVING WITH CONFIDENT EXPECTATION

FAMILY CONNECTION GUIDE

READ

HOPE (def:) - a feeling of expectation and desire for a certain thing to happen.

Hope is listed in the dictionary as a noun, but it is also a verb! Faith is the same way! Hope is a thing (noun) that God gives us, but also an action (verb) that compels us forward. Hope takes action. It is one of the many ways God actively moves in our hearts and minds. It challenges us beyond ourselves to connect with others and to connect with God.

ROMANS 5:1-6, CEB VERSION

Therefore, since we have been made righteous through his faithfulness, we have peace with God through our Lord Jesus Christ. We have access by faith into this grace in which we stand through him, and we boast in the hope of God's glory. But not only that! We even take pride in our problems, because we know that trouble produces endurance, endurance produces character, and character produces hope. This hope doesn't put us to shame, because the love of God has been poured out in our hearts through the Holy Spirit, who has been given to us.

While we were still weak, at the right moment, Christ died for ungodly people.

REFLECT

If a teenager "puts themselves out there" or makes themselves vulnerable, only to be met with loss, rejection, or defeat, they can sometimes go to the extreme of never wanting to try again. They are left feeling hopeless. That's because they haven't yet developed the coping skills to emotionally deal with defeat. When they go through hard things, it's hard for them to see hope. When you see your teenager experience defeat or hopelessness, before jumping into "fix it mode," consider your own experiences of defeat and hopelessness. Then tell them what you needed to hear in those moments. It may help them continue to develop the coping skills needed to find hope again.

REMEMBER

The disciples felt very defeated when Jesus died. In fact, they were scared into fleeing for their own lives! But Jesus came to them with comfort and wisdom in order to restore their hope! When we worship and pray, it gives us a chance to connect with God and to be grateful for God's love, grace, and awesome power! In the posture of worship and prayer, God reveals God's self to us to restore comfort, wisdom, and give hope to us! (Luke 24:30-35)

♡ **RESPOND**

Make a gratitude white board with your family. This will build a foundation for giving thanks to God, even in the hard times. It will help you cultivate hope. Each day, each family member can use their own color of marker to write what they are grateful for. Then, if a hard time comes during the day, anyone can glance at the board and remember the good things in your family's life. This is great exercise to jump start your family prayer life as well.