

Freedom Groups Facilitator's Guide

For The "HOPE" Study Guide

Foundation Information:

1. Freedom Groups were created so that we could share with, learn from and support each other as we each walk on our personal journeys to freedom together.
2. We all face issues in our lives that tend to become roadblocks to us moving freely into our future.
3. As we encounter these roadblocks, hopelessness can set in.
4. Hopelessness is one of the major issue that can keep us from moving forward and keeps us trapped by our past.
5. Hopelessness usually does not totally consume most of us, but we can become hopeless in certain areas of our lives.
6. When we do, negativity can soon spread from this one area to the rest of our lives. Negativity can become our nature.
7. This is not the plan God has for us.
8. God has good plans for us, and when we trust in Him and His plans then hope grows.
9. Hope is not easily manufactured, but it will grow!
10. Therefore putting our trust and hope in God, and not in others or ourselves, is a spiritual discipline that we all need to develop more in our lives.
11. So please share how God helped you to hope, in spite of yourself or others, and the blessings and freedom and have come from that.

The Meeting:

I. Introductions/Ice Breaker: (15 minutes)

Welcome everyone.

Remember: If you have anyone new, we do not want to single them out and make them feel out of place, but we do want them to feel welcome as part of the group. So take special care of welcome them and have everyone in the group introduce themselves, not just the new people/person.

Ask how everyone's week was and allow a few minutes for sharing.

Then ask one, two or all three of the WARM-UP questions on page one of the HOPE GROWS study guide.

II. The Study: HOPE GROWS (30 minutes)

Share with the group, *"Last week we talked about hope, how we can place our hopes in the wrong things, how God has a hope-filled plan for each of us, and how Jesus is the God of all hope.*

This week we will look at how we can build or grow hope in our lives. Hope doesn't just happen. Hope usually comes because we here or see something that gives us a reason to hope. We then have to grab onto that reason to hope and being to think hope-filled thoughts. If hope is going to reach its fulfillment, these hope-filled thoughts must lead to hope-filled actions. This is how hope grows in our lives.

But, as we discussed last week, it is very important that we put our hopes in the right things. If we do not we will not be pleased with the end result of our hopes. So in this study we will look at the seeds of true hope, how to grow hope and the end results of true hope."

Facilitate your group's discussion by going through the study guide.

- Start with reading the WORD section;
- do section 1, reading the Scripture and question
- do section 2, reading the Scripture and question
- do section 3, reading the Scripture and question

III. Application: (10 minutes)

Go through the APPLICATION section of the study and discuss.

IV. The Challenge and Prayer (5 minutes)

Lead your group in praying using the written PRAYER section as a guide.

Remind them of your next meeting time and place and then dismiss on time.

Thank you facilitators for the difference you are making in the lives of others!