

APPLICATION

- Is there an area or situation in your life where you have become negative and need more hope?
- If so, use a Bible concordance, a topical Bible index or go to biblegateway.com and look up Bible verses that have to do with the area of your life in which you need more hope. Whether its with money, friends, love, fear, or work, the Bible has promises that affect every area of our lives. If you have trouble finding these promises ask a Pastor or friend.
- Create "fertile soil" in your life for hope to grow by building your faith. Read the Bible, attend worship services, go to Bible studies, pray and hang out with other believers! Faith and hope are grown!

Prayer

Oh Lord, thank You that You are the God of all hope. Thank You that You have made so many powerful promises to us. Thank You that You have good plans for us. Thank You that we can see those plans and promises fulfilled in our lives as we trust in and follow you. Help us to not loose hope but to be people of great hope, because You are a great God. Convict us and help us to do our part in creating "fertile ground" in our lives for hope to grow, so that we can share hope with others. In Jesus' name we pray. Amen

Freedom Groups were created with the belief that we are all on a journey through life and that our heart's desire is to be free to be all that we can be. Yet there are many setbacks, heartaches and road blocks along the way. Trying to overcome the issues we face in life by ourselves just does not work. We are all the same, no one is different. We need others to help us successfully walk our journey to freedom. Everyone is invited on this freedom journey. Join in!



HOPE GROWS

NOTES

WARM-UP

- What is something you are currently hoping you will be able to do, or something that you are hoping will happen?
- Have you had periods in you life where you have had more hope, or maybe less hope, than at other times?
- After our study on hope last week, did you think more about hope this week? If so did you find yourself thinking whether or not you were putting your hope in yourself, another person or God?

WORD

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.
Romans 15:13

In 2014 there was a movie out called "Where Hope Grows." It was about a baseball player whose professional career was cut short due to his personal problems. He is suddenly awakened and invigorated by a young man with Down Syndrome. This young man works at a local grocery store but has a great outlook on life. The hope the young man carries affects the baseball player and renews his hope and changes his life.

Hope has the potential to change a life! Hope is powerful. But hope is not something we can just manufacture. It grows. In the movie hope grew out of their relationship. Hope, just like an apple or anything else that grows, has to grow from something, it has to grow out of something, and it has to grow into something. An apple grows from the seed, out of the ground and into a delicious fruit! Hope grows too and has great fruit.

1 - Hope grows from Bible promises!

Sustain me, my God, according to your promise, and I will live; do not let my hopes be dashed. Psalm 119:116

Hope has to be based on something, otherwise it is just a wish. I could wish that I was a famous singer, but there is no hope of it because I don't practice singing and cannot sing! Hope instead has a basis or reason that we could actually expect that something good might happen.

Since hope grows it must come from a seed. The seeds of hope are statements or promises that carry hope. When we hear things that give us a reason to hope we then have hope. What are some of the things you are placing your hope in?

2 - Hope grows from confidence in God!

Those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40:31

Jesus is the God of all hope! He is the foundation and reason for real, true hope. Biblical hope is not just a wish. It is a confident expectation that a promise will be fulfilled. Biblical hope grows out of faith! Hope grows out of having confidence or trust in God that He will do what He says He will do. What are some things that build your faith and trust in God?

3 - Hope grows into joy and peace!

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13

Fruit is the outcome or result of something that grows. Since hope grows it has fruit too. If we place our hopes in ourselves or another person the fruit that grows out of those hopes may not be so good. But, when we place our hopes in the promises of God and let them grow in the "fertile ground" of faith, the fruit is joy and peace! Knowing this, how might you grow more hope and enjoy more peace in your life?