

FOR FOLLOWERS OF CHRIST

Rats in a Vat

A group of behavioral scientists were conducting a study on wharf rats. A control group of four rats was placed in a large vat of water to determine how long they could swim before drowning. The average time the rats could survive was 6 hours.

A second group of four rats was placed in a similar vat of water. However, just before drowning, the rats in this group were removed from the vat, fed and allowed to rest for a day. Then they were returned to the vat and allowed to swim until they drowned.

Amazingly, the rats in this second group survived an average of 16 hours! Why were members of this second group able to swim almost three times longer than the first group? Could the difference have been hope?

— a friend of the 12 Seeds shared this article with us

How much do you know about . . .

HOPE

Select the best answer:

1. A brief working definition of hope is: “_____ expectations.”
 - a. positive
 - b. negative
 - c. silly
 - d. far out
2. Isaiah 40:31 says that “those who hope in the Lord will renew their _____.”
 - a. subscription
 - b. club membership
 - c. status
 - d. strength
3. In a world where so many people are without hope, we are to be people who are shining forth with our _____.
 - a. laughter
 - b. quick wit
 - c. flashlights
 - d. confidence in our God

Answers on other side.

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12 WAYS TO LOVE IN
RELATIONSHIP

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Purpose: to help followers of Christ obey His command, recorded in John 13:34: “**Love one another.**”

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HOPE

POSITIVE EXPECTATIONS

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

Hope is a wish or desire accompanied by the confident expectation of its fulfillment. Hope focuses on a better future even when the present is not as we'd like it to be. Hope helps fill our need for *motivation to go on.*

Hope!

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A PRAYER

Dear Lord, thank You for the hope we have in You. Help us to radiate hope to others, because You are our source of all hope. Help us to brighten every room we walk into, in order to bring glory to You and blessings to others. In Your Name, Amen.

FOR REFLECTION AND DISCUSSION

Consider these verses . . .

Isaiah 40:31

Isaiah 49:23

Romans 12:12

Romans 15:4,13

Consider these questions . . .

How is radiating hope a way to love others?

Why do some people seem to live in hopelessness?

What are some of the benefits of hoping in the Lord as mentioned in the above verses?

What could you do to better share hope with others in your life?

What will you do?

Answers to quiz on side 1:

1. a. 2. d 3. d

Next issue . . . IDEALS

- Values and models of excellence
- Who is a perfect friend?

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