

PRAYERS

Some suggestions . . .

- Dear Lord, thank You for the hope I have in You.
- Dear Lord, please help me to radiate Your hope to others.
- Dear Lord, please help me to brighten every room I walk into.

THOUGHTS & ATTITUDES

Affirm thoughts like these . . .

- With the Lord’s help, I know we can make it.
- We’ll get through.
- It’s going to be wonderful!

Other suggestions . . .

- Focus on the Lord, rather than on the problem.
- Meditate on the Lord’s promises.
- Remember that the Lord has brought you through many challenges in the past.

WORDS

Suggested things to say or write to others . . .

- “We’re making progress!”
- “It will be worth it!”
- “Better things are coming!”

Other suggestions . . .

- Avoid spreading gossip or rumors.
- Avoid negative remarks.

ACTIONS

Suggestions . . .

- Share hope with others: give hope as a gift.
- Get the rest you need.
- Smile.
- Sing.

DISCUSSION

For personal reflection or group consideration . . .

1. What do the Scriptures say about hope?
2. Where is the source of our hope?
3. What’s a good example of hope?
4. How well do I radiate hope? Explain.
5. Do I know someone who lacks hope? If so, what can I do to help that person gain hope?
6. What could I do to help give more hope to others?
7. What will I commit to doing?