

FOR CHARACTER • FOR RELATIONSHIPS • FOR LIFE

HOPE

POSITIVE EXPECTATIONS



Hope is a wish or desire accompanied by the confident expectation of its fulfillment. The word is also used to refer to confidence and trust in someone or something. Hope enables us to live with the expectation that things will get better.

Using the definition above, do I share hope with others? How?



Using the definition above, do I live in hope? How?

How would I rate myself on sharing hope with others?

Poor ___ Fair ___ Good ___ Excellent ___ Date ___

Symptoms and consequences . . .

HOW TO TELL WHEN HOPE IS LACKING

Called hopelessness, the condition of being without hope is dreadful. Motivation is low. Enthusiasm is absent. We may feel that whatever we do won't make a difference.

We may be so exhausted from the trials and challenges we've been through that we can't see any way the future will be different. We may be neglecting the rest and relaxation that we need.

When we fail to hope we forget that we have a choice: We can choose to focus on the negative, or we can choose the positive.

Whatever enlarges hope will also exalt courage.

– Samuel Johnson

Who do I find it hard to share hope with?

List 1-3 names, codes, or initials



Why? _____

Who do I find it easy to share hope with?

List 1-3 names, codes, or initials



Why? _____

Date _____

Seed 10

LIFESKILLS

12Seeds™

RESPECT
ENCOURAGEMENT
LISTENING
APPRECIATION
TRUST
INTEGRITY
ORDER
NURTURE
SYNERGY
HOPE
IDEALS
PARDON

FOR GROWTH

Hope helps fill the human need for:

Motivation to go on



May the God of hope fill you with all joy and peace as you trust in Him,
– Romans 15:13a

Write below what the verse above means to you.



There's a good harvest . . .

WHEN HOPE GROWS

When hope grows, everything looks better and feels better. People are motivated, inspired, and willing to work through present difficulties with the expectation that the future will bring a better situation or greater achievement. Hope is contagious and positively affects others.



SOME OF THE BLESSINGS WHEN HOPE GROWS:

- The Lord is honored as people hope in Him.
- Energy and enthusiasm are revitalized.
- People maintain a vision of better things even though the present may be difficult.
- Hope positively affects others.

**Be joyful in hope, patient in affliction,
faithful in prayer.**

– Romans 12:12

Which blessings are the most important to me?

Considering the examples on the right → → → → → → → → →

AM I SHARING HOPE WITH . . .

- **Family members?** Yes No *If yes, how?*

How could I improve?

- **Friends and acquaintances?** Yes No *If yes, how?*

How could I improve?

- **Authority Figures?** Yes No *If yes, how?*

How could I improve?

What will I commit to do in order to better practice this seed?

Date _____ Signed _____

HABITS TO HELP HOPE GROW:

PRAYER

Dear Lord, please help me to radiate Your hope to others.

THOUGHTS & ATTITUDES

Think: with the Lord's help, I know I can make it.
Focus on the Lord – not the problem.
Meditate on the Lord's promises.

WORDS

"We're making progress!"
"It will be worth it."
"Better things are coming."

ACTIONS

Get the rest you need.
Sing or listen to songs of hope.
Smile.

FELLOWSHIP

Avoid negative remarks.
Share hope with others: give hope as a gift.