

## Discussion Questions

*These questions are provided to help you apply the teachings. Use some or all of them if they are helpful.*

- 1. What is my relationship with the future based upon...hope or fear?*
- 2. Do I have any of the opposites of hope present in my life...fear, anxiety, and discontentment?*
- 3. Do I have any false sources of hope at work in me?*
- 4. Hope is not wishful thinking; hope is tenacious. What helps you be steadfast in hope (testimonies of others; worship; memorization of Scripture)? What weakens you?*
- 5. When you are suffering, do you assume you are out of God's will? How do the passages from Romans dispel that idea?*
- 6. Do you invite the Holy Spirit into your groaning? Do you use the Psalms as patterns for lamenting?*
- 7. Do I know how to encourage or minister hope to the ladies in my life?*
- 8. What are some ways my friends have instilled hope in me?*