



Healing our Hearts with Faith, Hope & Love

Lifegroups Notes

#2 Hope Strengthens our Hearts

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Read **1 Corinthians 13** together.

We build up our hearts through hope. Faith is our present experience of Jesus. Hope is about our future in Jesus. Our hearts can be full of anxiety and fear as we look to the future.

1. What are your fears and anxiety/anxious thoughts?
Pray for each other.

2. **Read Romans 15:13; Lamentations 3:21-23; Psalm 43:5**

We can build a heart of hope in three ways:

A. By Surrendering Our Heart

1. Discuss: Is it possible to surrender our heart? To choose Jesus fully?
2. Suggestion: only full surrender will heal our heart.
Sometimes our plans for the future are not His plans.
We heal our hearts when we realize that He holds the future.
3. Action: Is there someone or something we need to surrender?

B. Hope Strengthens our Heart

Hope builds us at the core of our being.

1. **Read 1 Thessalonians 4:13-18.**

- a. Discuss. How does this heal our heart?
- b. Reflect: If we know that our future is secure then we can live today without anxiety.

2. **Read Philippians 3:20.**

- a. How does this build hope?
- b. Thought: We are just passing through.

C. Hope Survives

1. Reflect: How has this been your experience?
2. Thought: Our hearts are healing because Jesus walks with us.
3. **Read Romans 8:34.** Discuss.
4. When we cannot pray, Jesus will pray for us.
5. Read and discuss Luke 22:32.

This is how hope heals our heart:

- We surrender our future to Jesus
- We are strengthened by His second coming
- Our hope survives because Jesus ever lives to intercede for us.