

*“Somebody said, “We can live a month without food, five days without water, five minutes without air, but we can’t live a second without hope.” What keeps you going when life seems hopeless? What’s your support system when life falls apart? Would you say your hope is in your business, your family, your friends?” Where is your hope?*

Read **1 Peter 1:1**. God’s people are called “foreigners.” Why is this? Where we are now during these trying times, 1 Peter is a great book to look at because in this letter we see Peter was trying to remind Christians of the hope we have despite discouraging times. Where do you turn when you need hope? What is hope to you? Discuss.

Read the next verse, **1 Peter 1:2**. How does it feel to know God **CHOSE YOU**? Really. He chose you. **LONG AGO**. We not only have hope but meaning. Purpose. Everyday matters and so does our obedience. Read **Romans 8:29**. How would you explain that the Holy Spirit helps Christians walk in obedience? What makes us set apart for a holy purpose when we are saved? Explain.

We must obey and be confident God’s will is being done through us though we may not understand. God has a plan and He will use you if you let Him. In what ways could we be defiant and not let God use us? Explain then discuss what ways *we can allow* God to use us and what could that look like.

Read **1 Peter 1:5**. Did you know God protects us and we don’t even know it? God doesn’t protect us from every ounce of pain, but enough to keep us alive, enough to help us continue to do His will here on earth. Read **1 Peter 1:6-7**. Jamie said, *“To be protected by God’s power doesn’t mean we get a pass from all trials and all pain. God does allow trials that have a purpose.”* What trials have you gone through that you saw had a purpose? Are you going through one right now? What is it teaching you? Discuss.

*“God allows pain to strengthen us and comfort others. God allows pain to force us to rely on Him, appreciate the sufferings of Jesus, and get our focus off this world. None of us would volunteer for it, but pain and trials often serve a positive purpose. We can have hope because trials have purpose and are temporary.”* Do you agree? Why or why not? What does hope look like through trials?

Close by reading **2 Corinthians 4:17, 1 Peter 1:8-9 & Psalm 147:11**.