

10 for 10: A 10-Day Journey of Prayer - DAY 3 - Hope for the Hurting

Key Scripture:

Romans 15:13 – “I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.”

Key Takeaways:

1. There's a difference between human hope and biblical hope.
2. Human hope is subjective and easily crushed, while biblical hope is based on God's objective truths.
3. Biblical hope is rooted in God's promises fulfilled through Jesus Christ.
4. Our response to hurt and sorrow should be to look up to God in faith.

Questions from Day 3 – Hope for the Hurting:

1. How would you define hope? How has your understanding of hope changed after hearing day 3?
2. Bro. David mentions that human hope can lead to either denial or despair. Can you share an experience where you've seen this happen in your life or someone else's?
3. Romans 15:13 talks about God as the "source of hope." How does this perspective differ from worldly sources of hope?
4. Bro. David mentioned Abraham as an example of faith. Can you think of other biblical figures who demonstrated hope in difficult circumstances?
5. How can we cultivate biblical hope in our daily lives, especially during challenging times?
6. As Bro. David said, "No matter our circumstances, when our faith looks up, the Lord fills us with His joy and peace." How have you experienced this in your own life?

7. What are some practical ways we can remind ourselves of God's promises when we're feeling hopeless?

Practical Applications:

1. Hope Journal: Start a journal where you write down God's promises from Scripture. Reflect on these promises daily, especially when facing difficulties.
2. Faith-Building Exercise: Each day this week, intentionally "look up" to God in prayer, acknowledging His presence and power in your life.
3. Hope-Sharing: Identify someone in your life who might be struggling with hope. Reach out to them this week with an encouraging message or act of kindness.
4. Scripture Memorization: Commit to memorizing Romans 15:13 this week.
5. Testimony Time: Prepare a short testimony of a time when God's hope sustained you through a difficult situation. Share it with someone that you know is Far from God this week!