

"In his name the nations will put their hope."

— Matthew 12:21 (NIV)



HOOK



Start the conversation by saying...

Hopelessness is a symptom of many behavioral and mental health issues, including depression, anxiety, and thoughts of suicide.

ENGAGE



Go deeper with this...

Tell about something that motivates you or keeps you going.

LINK



Connect to God's truth by sharing...

- The Christmas story gives us assurance that we don't hope for nothing.
- The Christmas story is a hope fulfilled.
- For centuries, the Israelites had prayed and believed for the Savior that would come into the world and bring light, life, forgiveness, and salvation. Their hope was fulfilled when Jesus was born into the world.
- The Christmas story gives us hope for the future.
- Even as we go through hard times today, we can put our hope in Jesus, knowing and believing that He loves us, He has a greater plan for us, and He fulfills His promises.

PAUSE

Pick a question and pray together...

Discuss Together

Are there currently things that cause you to feel hopeless?

Pray Together (pick one)

- Pray that your hope will be in the only constant thing: Jesus.
- Pray for your hope in Jesus to be renewed day by day, especially when going through hard times.



Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God,
for I will yet praise him,
my Savior and my God.

— Psalm 43:5 (NIV)