

DISCUSS

- 1. How is your hope?
- 2. To build a lifestyle of hope, which of these disciplines will you choose to begin or continue: read God's Word; pray; build godly relationships; gather with the church; serve someone else.

READ

- 1 Samuel 30:3-6
- To strengthen yourself in the Lord, what's a promise from God you can hold onto?

PRAY

In Jesus' name, pray hope, life, healing, and strength over those in your Circle.