



# BIBLE READING NOTES

## HOPE

### PREPARE

**Consider what these verses from Psalms teach us about how we can face the future with hope?**

For you have been my hope, Sovereign Lord, my confidence since my youth.  
(Psalm 71 v 5);

You are my refuge and my shield; I have put my hope in your word.  
(Psalm 119 v 114);

We wait in hope for the LORD; he is our help and our shield.  
(Psalm 33 v 20)

### BIBLE PASSAGE

<sup>23</sup> Let us hold unwaveringly to the hope we profess, for he who promised is faithful. <sup>24</sup> And let us consider how we may spur one another on toward love and good deeds, <sup>25</sup> not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.’ (Hebrews 10: 23 – 25)

### EXPLORE

Why can we ‘hold unwaveringly’ to our hope? (v.23)

How can ‘spurring one another on towards love and good deeds’ (v.24) give us hope?

Talk about some of the ways you could do that this week, or you have experienced it over the last week.

### RESPOND

What are some of the challenges we’re facing in keeping our hopes up at the moment?

Think through how you can begin to seek a place of hope in God when things are tough.

### PRAYER

Thank God for the hope that we have in him and ask him to sink words from the Bible deep in us as an anchor of hope this week. \_\_\_\_\_

