

Christian Union Planning Sheet

Theme / Topic

Hope - *Part 5 of the 'Christian Values' 5-part series*

Bible Passage

Lamentation 3:21-22 'Yet this I call to mind **and therefore I have hope**: Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; Great is your faithfulness' (New International Version)

Time Allocation

30 minutes

Aim

The young people will learn that Biblical hope is different to worldly hope and that they can trust in the God of Hope

Introduction

Group Discussion

What does the word 'Hope' mean to you?

Hope is a word that we use all the time in every day language and sometimes it can feel quite half hearted or passive. It may feel more like wishful thinking. Let's play a game illustrating worldly hope.

Imagine I had a box of heroes and asked you to pull one out - what sweet would you be hoping for? Twirl, fudge, wispa, crème egg, caramel, éclair, dairy milk.

Or Imagine you could go anywhere in the world on holiday where would you be hoping to go?

The hope we find in the Bible is not based on optimism or wishful thinking, it's not based on our past experiences which can make our levels of hope fluctuate up and down. Biblical Hope is placed in Jesus Christ and how God has been faithful to us. During this session we are going to explore more about what the Bible says about Hope.

Teaching

Watch the video 'Vitalise Devotional - Hope part 2 of 3' together exploring what the Bible says about Hope.

You can find the video here: <https://youtu.be/mNSzN-VsFSO>

Application, Reflection and/or Activity

You might like to work through this reflection activity as a group or individually. You might like to choose one aspect of it to focus on. Or you might like to discuss the different aspects and discuss these as ideas that CU members could use themselves in the future.

How can we build hope in our lives? By looking to Jesus

- 1) Read the Bible - 1 Peter chapter 1 verses 3-4 (New International Version) says '*Praise be to God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a **living hope** through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade - kept in Heaven for you.*' What other verses bring you hope personally and help you to look to Jesus?

Our Hope is found in Jesus therefore we need to spend time with him and learn about him. What did Jesus say? What did Jesus do?

Here are some ways that you could spend time with Jesus.

- 2) Talk to Jesus through Prayer - when you are struggling to find hope in a situation ask him about it
- 3) Write a journal to help you to remember when God has been faithful in the past so like the poet in lamentations you can call to mind what God has done.
- 4) Worship - As you sing praises to God you lift your eyes from your situation and onto him.

Memory Verse

*'Praise be to God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a **living hope** through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade - kept in Heaven for you'* - 1 Peter 1:3-4; NIV

Resources

Vitalise Video

Bibles available in case young people would like to look up Bible references