

## Hope and a Plan for a New Year (Part 2)

Topic: #606

Category: Life Situations



Last week we looked at the potential problems in making New Year's resolutions. They can set us up for failure if our expectations are too high, if our goals are not realistic, or if we try to change too many things at once.

*[Review the definitions of "wish" and "hope" from last week]*

Where is the Christian's hope found? Let's look at some verses of Scripture that will help us answer that question. *[Write the following verses about hope on slips of paper or index cards and pass them out, asking for volunteers to read them aloud]*

- Isaiah 40:30-31
- Psalm 11:1
- Psalm 62:5-6
- Psalm 6:9
- Psalm 147:11
- Romans 15:13

What do you learn about hope from these verses? Do you think that reviewing them regularly could have a positive impact on your "hope tank"?

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What do you learn about hope from these verses? Do you think that reviewing them regularly could have a positive impact on your "hope tank"?

## Questions for Discussion

- 1) It's important to translate our hopes into an action plan, usually expressed as a goal. What would be one goal you could set based on the hope you have in Christ's power to bring about change in your life and anchored on the promises of his Word?

Your goal should be:

- *doable*—it is achievable with God's help
- *realistic*—don't compare yourself with others!
- *reasonable*—set only one goal at a time so you don't feel overwhelmed

- 2) Are your goals doable, realistic and reasonable in light of any limitations you may have?

- 3) What would it feel like to achieve your goal(s)?

*Leader's note: Consider printing each of the "hope" verses on a sheet of paper and use as a handout for this lesson.*

## Questions for Discussion

- 4) It's important to translate our hopes into an action plan, usually expressed as a goal. What would be one goal you could set based on the hope you have in Christ's power to bring about change in your life and anchored on the promises of his Word?

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- 5) Are your goals doable, realistic and reasonable in light of any limitations you may have?

- 6) What would it feel like to achieve your goal(s)?

*Leader's note: Consider printing each of the "hope" verses on a sheet of paper and use as a handout for this lesson.*