

HOPE FOR THE HEART

GROUP STUDY

- *Watch the video together.*
- *Break into gender groups. It's best to keep discussion group size to no more than 4-5 people.*
- *Take turns reading the paragraphs below out loud as a group.*
- *Stop after each paragraph to discuss answers to each question.*

We often put our hope in people or things without much thought. We spend money hoping it will bring the happiness we long for. We take a job hoping it will provide the fulfillment we desire. We jump into a relationship hoping it will fill the emptiness we feel inside. None of these are bad in and of themselves. We all want stability and identity. We want to be valued and loved. But we often put unrealistic expectations on those things to bring us lasting hope.

In what area of your life do you have unrealistic expectations?

We must be careful where we place our hope. Jeremiah 17:7 says, "But blessed are those who trust in the LORD and have made the LORD their hope and confidence." When we trust God, we can have a confident hope. Only Jesus can provide hope for our hearts.

Our first Core Value: "Hope for the heart is found in Jesus." When we place our hope in Jesus, He provides a confident hope that nothing else in this world can. He steps into our hopeless situation with His power and strength. This isn't a "hope for the best" mentality. Our hope is grounded in Jesus Christ, who conquered sin and death and the grave. There is no struggle or situation He can't resurrect, restore, and revive.

What circumstance or situation has left you feeling hopeless? What keeps you from fully trusting God?

Often, when the situation isn't changing, we take matters into our own hands. More often than not, our actions and reactions make the situation worse, not better. When you feel helpless and hopeless, take your frustration to the Lord. Come before Him openly and honestly. Tell Him your frustrations and fears. The situation may not change around you, but things will change within you. God will show up with His presence. He will stand with you, and He will bring you through whatever you might be facing. His presence has the power to resurrect, restore, and renew your confidence and hope. When Jesus steps in, He fills you with the fresh fire of the Holy Spirit.

How have you seen God show up in the middle of a hopeless situation? What did He do for you?

CORE PRACTICE

One way we find “hope for our heart” is through the Core Practice of Daily Devotions.

God wants to speak to each of us and the main way He does that is through the Scriptures. Divine direction is found in Daily Devotions. Daily Devotions are divine moments to walk with God, talk with God, sit with God, and worship with God like a Father and friend. God wants to give you dreams, visions, and direction for your life. Most of us are busy and finding the time is difficult, but if we don't make the time, life will become difficult. Daily Devotions are a daily discipline. Just make sure they don't become a daily duty.

What keeps you or distracts you from having a Daily Devotion? How can you overcome this obstacle?

Studying the Bible can seem daunting, intimidating, and a bit overwhelming. That's why we have created some helpful tips, tools, and a Lord's Prayer guide. To learn more just go to corechurch.com/study. Here are a few tips to help you:

- Make time each day to be with God.

When is the best time of day that is free from distractions and obligations? _____

- Find a place free from distractions.

Where can you be alone and what do you need to set aside to be fully engaged? _____

- Make it consistent each day.

How can you make this a daily habit and rhythm in your life? _____

Another way we find “hope for our heart” is through the Core Practice of Sunday Worship.

We gather, as the body of Christ, to express our praise, worship, and devotion to God. Sunday Worship is not about having an individual experience with God. We could do that at home. Something supernatural takes place when the people of God come together to worship the Lord. God shows up! It's the people of God joining their spirits together with the Holy Spirit and together we experience the manifest presence of God. As we gather, we learn a shared vision and mission from the Scriptures that equips us to move together as the body of Christ. Sunday is an opportunity for us to grow together in unity, love, and faith.

How has Sunday Worship helped you grow in your relationship with God?

PERSONAL STUDY

- *This week complete the Daily Devotions found on page 3.*
- *This week pray for the members of your group.*
- *Complete “Healing for the Soul” (pp. 5–6). Write your answers and come ready to share with the group.*

HOPE FOR THE HEART

DAILY DEVOTIONS

Use this devotional to reinforce the study you've taken part in. As you read the following passages ask God to meet with you. Read the passage. Reflect on what it says and what God could be saying through it. Finally, respond to what you've read. We encourage you to write down some of the things that God speaks to you about.

MONDAY – CORE VALUE: HOPE FOR THE HEART

READ

Lamentations 3:21-24. Additional scripture: Psalm 27:13-14, Romans 15:13

REFLECT

When everything around us feels shaky, God's unchanging character becomes our anchor. His mercy and faithfulness don't expire. They renew every single day. This kind of hope isn't based on our feelings or circumstances, but on God's steady presence. What would it look like for you to live today as if God's mercy is new and enough?

RESPOND

TUESDAY – CORE PRACTICE: DAILY DEVOTIONS

READ

John 15:4-5. Additional scripture: Psalm 119:114-115, James 4:8

REFLECT

Spiritual growth doesn't happen by accident. When we stay connected to Jesus, we start to see fruit grow in us like peace, love, and patience. It's not about checking off a spiritual to-do list; it's about relationship. Staying close to Jesus changes us from the inside out. What's one way you can stay more rooted in Him this week?

RESPOND

WEDNESDAY – CORE PRACTICE: DAILY DEVOTIONS

READ

Proverbs 3:5-6. Additional scripture: Psalm 143:8, Romans 10:17

REFLECT

Faith is a daily decision to trust God, especially when the road ahead is unclear. His Word teaches us how to walk in wisdom, even when we don't have all the answers. Surrendering control is tough, but it's in that surrender that God begins to guide us with clarity and purpose. What would it mean for you to fully trust God with today? RESPOND

RESPOND

THURSDAY – CORE PRACTICE: SUNDAY WORSHIP

READ

Psalm 95:1-3. Additional scripture: 1 Chronicles 16:23-27, Hebrews 13:15

REFLECT

Worship realigns our focus. In a world full of distractions, worship helps us remember who God is and who we are in Him. When we praise together, it invites God's presence and encourages the people around us. Worship isn't just about singing. It's about resetting our hearts. How has worship helped you reconnect with God recently?

RESPOND

FRIDAY – CORE PRACTICE: SUNDAY WORSHIP

READ

Acts 2:42-47. Additional scripture: Romans 12:4-5, Hebrews 10:23-25

REFLECT

The early believers didn't just attend church. They were the church. Their devotion to each other and to God made space for powerful community and growth. Being present in worship and community shapes our lives more than we know. Who can you invite into deeper community this week?

RESPOND

SATURDAY – CORE VALUE: HOPE FOR THE HEART

READ

Isaiah 41:10. Additional scripture: Psalm 46:1-3, Romans 15:13

REFLECT

We often search for peace in comfort, success, or control, but real peace comes from knowing God is with us. When fear and uncertainty rise, God's promise to strengthen and help us gives our hearts room to breathe. What fear do you need to hand over to God today?

RESPOND

SUNDAY – CORE PRACTICE: SUNDAY WORSHIP

Gather with others today to worship and grow in the Scriptures.