

Conversation Starters

Hope: One Thing We Can't Do Without

Opening Thoughts:

There are some things that we absolutely cannot live without. Without food and water we cannot survive. There is something else that is also necessary for our survival and that is HOPE.

Hal Lindsey, the author of the best seller *"The Late Great Planet Earth"*, famously said:

"Man can live about forty days without food, about three days without water, about eight minutes without air . . . but only for one second without hope."

We live in a time where hope often seems to be in short supply. Adversarial political discourse, unprecedented societal changes, 24-hour negative news cycles, and mind numbing pressures of 21st century living all can lead to feelings of hopelessness.

I heard recently that Hope was an acrostic for *"Hanging Onto Positive Expectations"*. Today's Conversation Starter is on the one thing we cannot do without and that one thing is Hope.

Foundational Scripture:

(Rom 15:13 NKJV) "{13} Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit."

(Lam 3:25-26 NKJV) "{25} The LORD is good to those who wait for Him, To the soul who seeks Him. {26} It is good that one should hope and wait quietly For the salvation of the LORD."

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1. How do the two verses hit you in regard to having hope?
2. In what area of your life do you need to *"Hang onto Positive Expectations"* that God will move: restored relationship, financial need, a health crises, career set-back, ministry need, or something else???
3. Can you think of a time that God sustained you through a hopeless situation?
4. What biblical promises can you hold on to while you are holding on in hope? Some suggested verses: Jeremiah 29:11; Romans 15:4; Deuteronomy 31:6

To see a short video on this *Conversation Starter* go to the Videos tab on www.GuardrailsMinistries.com or click on this link: [HOPE: Hanging onto Positive Expectations](#)