

Discuss this definition of hope: A confident expectation in the promises and power of God that displaces cynicism and despair.

How does Biblical hope differ from the kind of hope we usually think of?

Read 1 Corinthians 13:13. Why are hope, faith, and love essential to a Christian's relationship with God? Can these ever be taken away from you?

**Hope is renewed when I...**

**1. Know the expression of God's mighty power. (v.28)**

- God is everlasting. How does knowing that God is not bound by time renew your hope?
- God is creator. How does knowing God has limitless control over the territory we occupy bring hope?
- God never gets weary. How does knowing God has never experienced fatigue or weakness motivate you to come to him with your issues?
- God understands everything. How does knowing God understands you affect your relationship with him?
- God is beyond comprehension. Have you tried to understand God when you should have been simply beholding him? Read Isa. 40:9-12.

How has the mighty power of God been expressed to you this week?

Who or what has God used to reveal or remind you of God's power?

**2. Wait with expectation for God's mighty power. (v.29)**

Are you in a season of waiting? What are you waiting for?

Is it hard for you to admit your fatigue? How is this a subtle form of pride?

Is your exhaustion the result of taking on responsibilities that only God can handle?

Read Romans 8:20-25. What should you expect while you are expecting the return of Christ at the Second Advent?

**3. Trade my exhaustion for God's mighty power. (v.30-31)**

What are some circumstances that have caused you to lose hope?

Do you sense that the strength you once had as a young person is failing?

In what ways have you experienced the renewal of your strength as you have traded your exhaustion for the mighty power of God?

What areas of your life are characterized by the strength that is not your own?

**Additional Scripture**

- Titus 2:10-13
- 2 Tim. 2:13
- Titus 1:2
- James 1:13