

(10) Strengthen Hope in Christ

Points of Reflection

Video #10: [View/download the video lesson](#)

- ☐ We have a stronger hope in some parts of our Christian life than others. Which area(s) are you prone to discouragement and/or despair? In what areas of life do you easily give up hope? See if you can list at least two areas needing hope.

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- ☐ Review the reading on Abraham's hope and describe how his hope helped him through his difficulties.

- What might have happened if he did not hold onto this hope?

- ☐ Faith and fear are opposites, just as hope and doubt are. Once we give up hope, doubts enter, leading to fear. When we doubt God's good purposes for our lives, we necessarily turn from Him to fears or false hopes.

- Identify and describe one situation where doubts and fears took over your life. As much as possible, including the beginning, what might have aggravated it, and the consequences.

☐ Memorize Hebrews 11:1-3. Advanced (Answer as able).

- Using Hebrews 11:1 and this reading, state the difference between hope and faith.
- How do hope and faith relate to each other?
- Similarly, how does doubt relate to fear? Draw a diagram of it if you can!

☐ **Date Lesson #10 completed** _____