

(12) Building up Our Hope

Points of Reflection

Video #12: [View/download the video lesson](#)

Let these truths become part of your life! The Life Application helps you think through each chapter. (It's the same for each chapter.) Chapter one has three assignments. If you have not completed them, download them and fill them out. Each pdf can be downloaded and printed out or viewed more carefully.

- **#1 Self-evaluation, Exercise #1** - [Download](#). Please fill out the self-evaluation sheet. If you don't understand a statement, just skip over it. This page will be discussed in the next chapter.
- **#2 Establishing Hope, Exercise #2** - [Download](#). This exercise is a slightly longer list of promises, as stated above. It will be on a completely separate page. Get a binder and keep the exercises together and in order.

Caution. If at any time you find an exercise or a question on the exercise irrelevant or frustrating, please feel free to skip it. You can always return to it later!

- **#3 Life Application, Exercise #3** - Download: [pdf](#) | [epub](#) | [pdf](#). At the end of every chapter, we hope you will fill out the life application chart to see what you have learned (see below). Make this your practical workbook. It is best to fill it out while reading the chapter and discover the helpful items. Your notes are invaluable in spurring your mind when discipling others.

☐ Put a checkmark when you have completed the three forms.

- What was helpful? What part was difficult?

☐ What is the most challenging part of applying hope to our discouraging situations?

- ☐ Advanced assignment: Do a biblical study on the word or concept of 'hope.' Identify where the word 'hope' is used in scripture and observe how and in what circumstances it is used. Make additional observations on the importance of hope in a believer's life.

Life Application for Establishing Hope

• Helping me grow

(The most helpful thought, warning, encouraging word, illustration, suggestion for my personal life.)

• Helping others grow

(The most helpful thought on how I could better care for or treat others.)

☐ **Date Lesson #12 completed** _____

☐ **Chapter 1 (#1-12) completed (Put check mark):**

• Reading _____ Videos _____ Reflection questions _____ Exercises _____