

(15) Hope Restored

Points of Reflection

Video #15: [View/download the video lesson](#)

- ☐ Look through the Psalms and look for one Psalm in which the Psalmist begins with a troubled heart but ends in hope. (Hint: Scan through the Psalms, looking at the first few verses describing a hopeless situation.)

- Which Psalm?
 - What fostered this change?

- ☐ What are the three commands from 1 Peter 1:13? Explain each one in your own words.

(1)

(2)

(3)

- ☐ Is it possible to control what you think and hope?

- How do you know from the above verses?

☐ **Date Lesson #15 completed** _____