



Chapter #1

Establish Hope

Study Exercises

(1-12)

Chapter resources

Illustrated Teaching Handout: [View PDF](#)

Chapter Exercise Overview: [View PDF](#)

Chapter #1 Exercises

Set a good habit of doing the exercises, but don't get bogged down. Skip a question if needed. You can always return to it later as needed. The exercises help you process what you are learning. We suggest using a binder to keep any printed pages sorted.

❑ **Self-Evaluation: God's Work in our Lives: Download: [pdf](#)**

- Complete the self-evaluation before starting the course or soon afterward.
- Purpose: Observe the areas that (1) God has worked and (2) still desires to work in your life. This provides a basis to help you understand where you are at in your spiritual growth. I find it encouraging to ponder on these two matters. The latter is detected by observing our weak and deficient areas.
- If you don't understand the exercise's statement, skip it. This page will be discussed in the next chapter.
- Please note page 3. *Sample Self-Evaluation* is a sample sheet that helps one analyze his or her evaluation. *Processing the Self-Evaluation* on page 4 provides the context to help one assess his or her self-evaluation.

❑ **Implantation of Hope (#2): Download: [pdf](#)**

- Complete by the chapter's end. This is part of Lesson #11's assignment.
- Purpose: This exercise builds up one's hope by training you to detect promises in God's Word. God's promises in the Bible ring with hope.
- This exercise provides 8 Bible verses with a promise (on the left). Please try to discover that promise and write it into the box on the right. The first is done for you!
- Page 3 has the answers. No peeking until you are done!

❑ **Life Application sheet: [pdf](#) | [docx](#) | [epub](#)**

- Make sure you download and fill out the life application sheet for each chapter. Include these in your exercise binder. Of course, you can do this on the computer if you are computer savvy. The Life Application sheet helps you focus on the lessons God is teaching you. There are no right or wrong answers.

❑ **Digital Workbook copies: [pdf](#) | [docx](#) | [epub](#)**

- All the needed links are embedded in this soft copy.