



## HOPE GROUP LEADERSHIP GUIDE

A hope group is an online or offline community that exists to provide hope, help and healing to the wider community, throughout the COVID-19 pandemic.<sup>1</sup>

You don't have to be a Christian to be in a Hope Group. We love inviting friends who do not know much about Jesus, to inspire hope and healing through his life and teachings.

A hope group involves 3-4 people who meet for about 1.25 hours each week, using a simple framework that anyone can copy. The size is important—keep it small and relational.

This framework gets you started, but make this group your own. Create a sense of community and momentum by keeping in touch throughout the week. Phone, text or connect online (but no hugs?!)

### THE FRAMEWORK

1. What are you **thankful** for? (approx. 10 mins)
2. What has been a **challenge** for you this week? (approx. 15 mins)
3. Read x 2 and re-tell a **scripture** of hope (see suggestions below) (approx. 30 mins)
  - What does this say about **God** or Jesus?
  - What does this say about **people**?
  - What is this scripture saying to you personally? (your **heart**, not just your head)
4. What is one practical way that you can **help** a friend this week? (approx. 15 mins)
  - Who do you know that needs help? How will you help them?
  - How are you moved to action from what you have read? (optional extra)
5. **Pray** (approx. 1-2 mins)

### STORIES OF HOPE

- Who is my neighbour (Luke 10: 25-37)
- A hole in the roof (Luke 5: 17-26)
- The woman who wept at Jesus' feet (Luke 7: 36-50)
- Accepted by God (Luke 18: 9-14)
- Two lost sons (Luke 15: 11-32)
- Death and forgiveness (Mark 15: 16-39)
- New life, new purpose (Matthew 28: 1-20)
- Which soil are you? (Mark 4: 1-20)

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<sup>1</sup> Hope Groups have been inspired by the Discovery Bible Study method and we acknowledge this gratefully!



## OTHER TIPS:

### 1. Thanks:

- If people are finding it hard to be thankful, use the formula: “I am thankful for X, because of Y”

### 2. Challenge:

- Model honesty & vulnerability to set a healthy culture (“imitate me as I imitate Christ”—1 Cor 11:1)
- If someone habitually shares too much, or the group feels negative, then ask for “headlines.”
- It may be appropriate to provide extra support when a deeper issue comes up, but don’t get side-tracked every time. This is not a counselling group, so know your limitations.
- If someone is struggling, as in a healthy family, give them more time. Be flexible.

### 3. Scripture:

- Read x 2; can be from different translations of the scriptures. Give people space to think.
- Re-tell is about sharing the story in your own words. It doesn’t have to be perfect.
- Do not bring in concepts from outside the text—“Where do you see this in the passage?”
- Don’t act like a bible expert—encourage everyone to discover God’s truth for themselves.
- Use “I wonder” questions to stimulate conversation, rather than “tell” people your answers.
- Use questions to draw out the heart: “How are you, really?” “What’s going on in your heart?” “What is producing this response in your life?” “What’s the thing behind the thing?”

### 4. Help:

- If people are struggling to come up with ideas, feel free to offer a few suggestions.
- You might want to brainstorm what you *could* do, before deciding on what you *will* do.
- “Praying about it” may be a legitimate first step, but don’t let this be your only action.
- Get creative! Encourage people to use their time, skills and wealth to bring hope to others.
- Celebrate small wins as you complete plans and ask each other: “how did you go with your plan?”

### 5. Prayer:

- Some people are really comfortable with prayer yet others are not (especially out loud!)
- Create a safe culture by saying a short prayer (eyes open like a conversation). By making your prayers simple and conversational, others can imitate what you do.
- Over time, you can expand your prayer life as a group, as you build trust, faith and hope!