**Notes and Homework from Week 1:**

**Question #1**

Have you ever felt like you were beyond hope?

Felt like you were void of hope?

Like Hope passed you by?

Maybe past discussions or mistakes, your current circumstances, or your sin left you feeling hopeless?

**4 emotional phases of pandemic:**

1. Anxiety and Fear
2. Isolation
3. Helplessness
4. Hopelessness

**Question #2**

Could you identify with some of the symptoms of those 4 emotional phases?

Read 2 Samuel 9:6-13

How many of us have felt like we are living in Lo-Debar recently?

Take a moment and reflect back on a time or a situation in which you had to suffer or deal with hurt because of one of those reasons in your life.

Now, write down how that situation could have made you feel hopeless.

**Question #4**

When we feel hopeless, how does that impact how we see ourselves?

How does it impact how we feel about ourselves?

Truth:

**The Goodness of our King is greater than the suffering or mistakes of our past.**

**Our Main Point tonight –**

**You are Never Beyond Hope!**

**Homework:**

Maybe you have been struggling to experience or accept the fulfillment of hope in your life. Accepting that…

-The Goodness of the King is greater than the suffering of your past.

-Thus, your poor choices are forgiven, and you have moved from Lo-Debar to the King’s House! Jesus Christ has transformed your life!

-You have been restored by the King!

**Homework** - Go before the Lord and thank him for forgiving your sinfulness and covering your mistakes. Thank him for bringing you out of Isolation and into his house.

It is also difficult to forgive others for the hurt they have inflicted on you.

But by holding on to that hurt, you are only hurting yourself more.

**Homework** – write out a forgiveness letter to 1 person who has hurt you.

Then offer that letter to God in prayer.

Forgiveness is between you and God. Not you and the other person.

Finally, there are some of you who want to know how embracing hope can impact your life and the lives of others.

Live it out – Forgive yourself and others is the first step.

Then, try showing appreciation to others who have shown you HOPE in your life.

How is God using others to give you HOPE?

Tell them!