

CONTAGIOUS HOPE WEEK 5 BIBLE APPLICATION

Introduction:

In this week's lesson we are contrasting what God wants to infect our hearts with compared to what the enemy wants to infect people with. We are seeing the devastating effects of a physical infection as well as spiritual infections like fear, despair, negativity, bitterness, and hate.

The big idea is that if we become filled and infectious with hope, it will not only allow us to rise in difficult situations but will empower us to be "salt" and "light", that changes the environment and sparks transformation and revival in others. In Nehemiah 4, we observed ways Christ's hope in us can become contagious. These are things that will help us move from being spiritually asymptomatic to infectious difference-makers, that spark a revival of hope in the world around us.

1. What impresses you about Nehemiah? What traits did Nehemiah have that allowed God to use him to spark hope in a group of defeated and discouraged victims (a hope so great that they were able to rebuild a city in 52 days, that had been devastated for over 100 years).
2. Can you identify some areas that (you, your family, our city and nation) need people to raise their hopes to create dramatic change? Do you have an example in your life, when you and others were able to see hope that united victory and sparked change?
3. How have you seen heartfelt prayer inspire hope in you or through you in a situation that felt hopeless and bleak? How does prayer help hope become more contagious?
4. In the story we see the power of testimony inspire and spark hope. What is a testimony you have about a seemingly hopeless situation that God turned around, that God might use to spark hope in someone else?
5. Another key that multiplies our hope is when we come together, united in one purpose. Hope increases when the goal is more important than our role or interests. Can you think of an example of how hope becomes contagious when Christians lay aside personal interests and work together for a common cause?
6. Hope increases when we stick together, help bear each other's burdens and commit to lifting each other's spirits. Have you ever needed to borrow someone else's hope? How did they lift you to hope? What is an area you would like to ask others in the group to loan you some hope and faith for a breakthrough?