



Belpres Church

Hope Bigger Than Our Hopelessness

Ice-breaker Question: What did you want to be when you grew up?

Opening Prayer: Jesus, breathe Your hope into places that feel stuck or tired. We're listening. Show us where You're still working.

Practice Reflection Questions:

What stands out from your prayer or journaling time this week? Did you pursue a nudge or prompt to action? What did you do and how did it go? Did your family try the family practice? How did that go?

This Week's Scripture:

Romans 4:18-5:5

“Against all hope, Abraham in hope believed and so became the father of many nations, just as it had been said to him, “So shall your offspring be.”¹⁹ Without weakening in his faith, he faced the fact that his body was as good as dead—since he was about a hundred years old—and that Sarah’s womb was also dead.²⁰ Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God,²¹ being fully persuaded that God had power to do what he had promised.²² This is why “it was credited to him as righteousness.”²³ The words “it was credited to him” were written not for him alone,²⁴ but also for us, to whom God will credit righteousness—for us who believe in him who raised Jesus our Lord from the dead.²⁵ He was delivered over to death for our sins and was raised to life for our justification.

Peace and Hope

5 Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, ² through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. ³ Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; ⁴ perseverance, character; and character, hope. ⁵ And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us."

Scripture Reflection Questions: Read this week's scripture together and discuss the following (note: we use the same scripture reflection questions each week so that we can practice using the same tools over time as we examine different scriptures)

- What do we learn about God's story in this passage?
- What do we learn about our story in this passage?

Talk:

- Think of a time that felt hopeless: how did Jesus meet you there, even in small ways?
- Where do you currently feel stuck or tired, and what would honest (not forced) hope look like right now?
- Who in your life is barely holding on and could use steady presence more than advice this week?

Action Plan:

Review the action prompt below, share any initial ideas of how you might pursue this practice this week.

- Think of someone who feels stuck, heavy, or alone.
- Bring tangible hope: a visit, a meal, a text that says, 'I'm with you,' sit in silence, go on a walk, run an errand, or watch their kids for a few hours.
- No speeches. No silver lining. Hope = your steady presence.
- If they express longing, loneliness, or curiosity say, "If you ever want a place to rest and feel love, I'd love to bring you to ___ and offer one clear invitation: for a walk this week, dinner at my house, Sunday Worship, Alpha, Easter Party, Moms' Fellowship, Student D groups, etc..."

Not pressure. Just a door.

Closing Group Prayer:

Feb 15, 2026

Spend a few minutes together in your group sharing prayer requests and then praying together for each other. Take the challenging parts of your conversation to Jesus. Thank God for the time together, the conversation shared, the other people in the group, and for encouragement for the week ahead.