



# Hope: Youth Session

## Activity: Defining Hope

Print out the list of definitions for hope and ask the young people to get into small groups or if you have a few get them to discuss together, to order the definitions from their favorite to their least favorite. Ask the young people why they like their favorite definition best.

Definitions:

- A belief in positive outcome
- A wish for something with expectation of its fulfilment
- To look forward with confidence/expectation
- Someone or something that is a source/reason for hopefulness
- The desire for and search for future good
- A thing, situation or event that is desired
- Something hope is born of activism, engagement and a stubborn determination to improve the world
- The opposite of despair

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## Personal Activity & Reflection Sheet

'What does HOPE mean to me?' - The additional activity resource can be given out to young people to complete on their own. It is the last sheet in this document.

## Discussion Questions

Read Genesis 3:1-19

1. What is the problem?
2. Why do you think Adam & Eve ate the fruit? Through fear? Through pride?
3. Why do Adam & Eve need hope?
4. Do you think Adam & Eve could feel hopeless?
5. What other actions can look like the problem?

Read Colossians 1:15-23

6. What does it say here about the problem?
7. What hope does it give? Who is the hope?
8. How can having a future hope help God's followers?

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## Video & Starter Question

Teachers & students share their hopes in a video here:

<https://www.youtube.com/watch?v=dlcU5uHMdTM>

You could ask your young people:

1. Are your hopes similar to any you saw in this video?
2. Do you think God's hopes for us are more similar to what the teachers or students said?
3. What kind of things does God hope for us?

## Prayer Activity

Give each young person a few post it notes, or something similar. Ask them to think if they had a huge bundle of 'Hope' to give to someone or somewhere, who would they gift it to. It might be to a war torn country, to a friend getting bullied, to a grandparent who is sick. Give them a few minutes to think about this, you might want to reflect back on their definitions of what hope is together or even put a song on in the background while they think. Get them to all put their completed post its on a wall. Pray a collective prayer together to ask God to provide hope to each person.

# What does HOPE mean to ME?



Take some time to consider these questions & you  
can write or draw your responses.

What does the footballer hope for?

What does the scientist hope for?

What do students hope for?

What does the slave hope for?

What does the church hope for?

What do you hope for?

What difference would hope make to someone experiencing  
difficulty?

1 Timothy 5:5 says, "The widow who is really in need and left all alone puts her hope in God and continues night and day to pray and to ask God for help." So just like the widow in need we can put our hope in God and pray. Why not write a prayer to God here asking him for hope.