

## **I Wish for You Hope, Vol. 1 – Questions for Reflection and Discussion**

The Journal Pages in I Wish for You Hope are open for how you see best to use them.

These *Questions for Reflection and Discussion* (below) correspond to each quote and provide an additional way to help you process your thoughts and feelings. You can use them to ponder, to guide your journaling responses, to initiate casual conversation, or to stimulate discussion in a formal group setting.

For quick reference, the correlating book page number is listed after each question.

1. Describe what's troubling you and how you feel about it. *(pg. 9)*
2. How is it different when you rely on God's strength versus yours? *(pg. 11)*
3. Describe what your current emotional sky feels like. *(pg. 13)*
4. What new chapter or story, can you courageously envision for your life?  
*(Pg. 15)*
4. Tell of a time when a nearly 'lost hope' became realized. *(pg. 17)*
5. What heavy burdens has God, or others, recently helped you carry? *(pg. 19)*
6. Describe how your hope is currently soaring or faltering. *(pg. 21)*
8. Is God your ultimate hope? Write or vocalize a prayer to him about your situation. *(pg. 23)*

9. Write a verse that anchors you to God's truth and practice memorizing it.

*(pg. 25)*

10. What are some ways you can care for yourself to support your healing?

*(pg. 27)*

11. Share a time when you saw a radiant personal quality develop from a trial.

*(pg. 29)*

12. Do you blame God for your hardship? Write or tell how you feel. *(pg. 31)*

13. Have you expected God to answer prayer your way instead of his? How? *(pg.*

*33)*

14. What's one courageous choice you can make today in the face of opposition?

*(pg. 35)*

15. Identify and jot down any despairing thoughts; then tell them to a trusted

friend. *(pg. 37)*

16. How have you noticed the healing time of deep losses vary among people?

*(pg. 39)*

17. Name some qualities in your "cheerleaders" that you cherish? *(pg. 41)*

18. How have you seen God come through in a bigger way than you imagined?

*(pg. 43)*

19. How can you encourage someone to be hopeful today? *(pg. 45)*
  
20. How is stillness with God a sign of trust when running or struggling seems natural? *(pg. 47)*
  
21. In what ways have you seen beauty come from trials? *(pg. 49)*
  
22. What's one action you can intentionally pursue instead of giving up? *(pg. 51)*
  
23. What is something you can release and something you will continue to hope for? *(pg. 53)*
  
24. Find some verses on trusting God, such as Isaiah 26:4, then copy, ponder, and share. *(pg. 55)*
  
25. How have you seen God work in a seemingly impossible situation? *(pg. 57)*
  
26. Beating the odds is something to celebrate. What are some of your victories? *(pg. 59)*
  
27. Write a prayer to God releasing a burden you've been mulling over? *(pg. 61)*
  
28. Can you imagine a better future? What is your dream? *(pg. 63)*
  
29. Think about your thought life. What's "camping" there? *(pg. 65)*

30. Write a prayer placing a bad report before God and ask him for help. *(pg. 67)*
31. How does hoping in God, versus a positive thought, anchor you? *(pg. 69)*
32. How does a Savior become the cure our world needs? *(pg. 71)*
33. If you're grieving, freely express your feelings without fear of how it sounds. *(pg. 73)*
34. What do you turn to for relief of pain that could become a vice? *(pg. 75)*
35. Express your prayer of what you're trusting in God for today. *(pg. 77)*
36. Write to God how you feel when reading this verse, Psalm 145:17. *(pg. 79)*
37. How can you encourage yourself, or someone else, to not give up? *(pg. 81)*
38. What inner doubts or judgments about God's goodness will you challenge today? *(pg. 83)*
39. As butterflies emerge from cocoons, what good can you believe for your future? *(pg. 85)*
40. As a friend, what would you tell yourself when your hope becomes fragile? *(pg. 87)*
41. How does having an eternal perspective help you to hope today? *(pg. 89)*

42. What hopes are you longing for that will be realized in heaven? *(pg. 91)*

43. What beautiful things are you looking toward when God renews everything?  
*(pg. 93)*