

# A CONTAGIOUS HOPE

How To Lead A Hope Group



# WHAT IS GOD SAYING?



“for such a time as this”

Esther 4:14





**IT'S TIME TO MOBILISE!**

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# To equip disciples everywhere to share the hope of Jesus using hope groups



*This map represents the spread of hope groups from Tasmania since March 2020*





discipleship



discipleship





# [ Hope ]

GROUPS

SOCIAL  
CONNECTION

PRACTICAL  
HELP

SPIRITUAL  
MEANING

[www.togethernetwork.com.au](http://www.togethernetwork.com.au)

# WHAT IS A HOPE GROUP?





# [ A HOPE GROUP ]

- Not a bible study.
- Not a group for only Christians.
- Not a counselling group.
- Not a group that gets bigger over time.
- Not a group where people are treated like projects.

Note: this thinking is shaped by the “discovery bible study” method and we acknowledge this contribution with thanks!





# [ A HOPE GROUP ]

- 3-4 people that meeting weekly for about 1.25 hours online or offline.
- A place for unchurched friends to experience a hope-filled community in a time of need (typically 2 disciples + 1-2 unchurched friends).
- A non-judgemental, safe and caring space.
- A simple structure that multiplies (no more than four people!)
- Structured around a series of simple questions.
- A way to experience the teachings of Jesus in practice.



# THE FRAMEWORK

- What are you thankful for?
- What has been a challenge?
- Read, read and re-tell a scripture of hope:
  - What does this say about God or Jesus?
  - What does this say about people?
  - What is this scripture saying to you personally (heart, not just head)
- What is one practical thing that you can do to help a friend this week?
- Pray

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# KEEP IT SIMPLE

- Thanks
- Challenge
- Scripture
  - God
  - People
  - Heart
- Help
- Pray

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# [ THANKS ]

- Ask the question: “What are you thankful for?”
- Thankfulness builds a foundation for worship.
- The aim is to create a hopeful culture from the beginning.
- If people get stuck, use this formula: “I am thankful for X, because of Y.”



# [ CHALLENGE ]

- Ask the question: “What has been a challenge?”
- Listen to worries, concerns and fears for yourself and others.
- What is happening in people’s lives (for prayer and practical support.)
- Model how you want others to share (“imitate me as I imitate Christ”)
- Don’t enable gossip or toxic complaining—be honest but hopeful.
- If you need to keep things moving, consider these strategies:
  - Ask for headlines to minimise lengthy explanations;
  - Offer to phone out of session if more time is needed;

# ACTIVITY

What are you thankful for? What has been a challenge?  
(1 minute to reflect)



# [ SCRIPTURE ]

- Read, read and re-tell a story of hope from the gospels:
  - What does this say about God or Jesus?
  - What does this say about people?
  - What is this scripture saying to you personally (heart not just head)
- Re-tell in your own words—this increases memory and helps us share.
- Do NOT be the bible expert, or bring in ideas from outside the passage. Our aim is for everyone to discover God’s truth for themselves.
- Trust the Holy Spirit to lead, correct and convict people.
- Ask good questions (“I wonder”)
  - “Where do you see this concept in the passage?”
  - “Who do you connect with most from this story? And why?”

# [ SCRIPTURE ]

Stories of Hope:

- Who is my neighbour? (Luke 10: 25-37)
- A hole in the roof (Luke 5: 17-26)
- The woman who wept at Jesus' feet (Luke 7: 36-50)
- Accepted by God (Luke 18: 9-14)
- Two lost sons (Luke 15: 11-32)
- Death and forgiveness (Mark 15: 16-39)
- New life, new purpose (Matthew 28: 1-20)
- Which soil are you? (Mark 4: 1-20)

Note: I thank the “discovery bible study” method for this list of scriptures.



# [ HEART ]

- What might this scripture be saying to you personally?
  - How does it affect your heart (not just your head)?
- Create an authentic culture by being honest and vulnerable yourself.
- As trust builds, make space for people to speak from the heart, and apply the teachings of Jesus in their lives (Matthew 7: 24-27).



# ACTIVITY

SCRIPTURE: LUKE 18: 9-14

A PHARISEE AND A TAX COLLECTOR



# [ HELP ]

- “What is one practical thing that you can do to help a friend this week?”
  - Who do I know who needs help? How will I help them?
- It might be a text, phone call, meal or money—be specific and practical!
- Text throughout the week and cheer as plans get completed.
- Ask about each other’s plans at the start of a group — “how did you go helping someone this week?” (Tip - write plans down as a reminder.)
- May also ask: “how are you moved to action from what you have read?”
  - Allow space for people to share what’s going on, and make a plan.
  - What could you do? What will you do?

# [ PRAY ]

- Create a culture of prayer from the beginning—hope is found in God!
- “I’d like to say a quick prayer to say thanks for this group.”
- The first time you pray, be succinct and conversational:
  - Pray with your eyes open, looking at each other (like a chat).
  - Limit your prayer to less than 1 minute (yes, short!)
  - Be hopeful and don’t use overly religious language.
- The aim is for others to be able to easily imitate what you do.
- Over time, you can expand and deepen your prayer life as a group.

# [ NOT JUST A GROUP ]

- Create a sense of community during the week using technology.
- Text, phone, or use social media to see how others are going.
- Don't just talk about religious things—start to function like an extended family who care for one another.

Note: At some stage in the life of a Hope Group, you will want to share the gospel in a relational way. We recommend using “the 3 circles.”





# ACTIVITY

Who needs help? How will you help?  
Say a short prayer!

# [ ONE THING ]



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# [ HOW DO I START? ]

Pray:

- Write down 3 friends and pray for them every day.
- Who is God prompting you to ask to a Hope Group?
  - I.e. who is the Person of Peace (Luke 10:6)
- Prayer is the foundation for any group, from beginning to end!



# [ HOW DO I START? ]

Phone:

- Invite 1-2 friends to join your group — phone, text, social media.
- “Is there anyone you know who might want to be involved?”

Think about how you will ask:

- ♦ *“I’ve heard of this idea called a Hope Group. It’s a way to connect as friends, to help others in need, and to experiencing hope, by reading stories of hope from the life of Jesus. Do you want to be involved?”*
- ♦ *“We talk about what we’re thankful for, what’s been a challenge, read a story of hope from the life of Jesus, and help others. What do you think?”*

# [ HOW DO I START? ]

Plan:

- Choose a time and date for your first Hope Group meeting.

Platform:

- Choose an online platform that works for you
- Zoom (a great platform if paid, but only 40 minutes free)
- Google Meet and Skype are free options
- In person!

Prepare:

- Visit our hidden resources page for follow up resources.

# [ NEXT STEPS ]

- Pray for 3-5 friends and ask them to join a group!
- Watch our practical videos (sent by email over 2 weeks)
- Gossip about our training across your network, or 'train the trainer'
- Connect with our Global Hope Groups prayer catch up (6 weekly)
- Pray for our vision to help these groups become contagious!





**MAKE IT HAPPEN**

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## SIGN UP FOR YOUR HOPE GROUP VIDEOS

Thank you for joining us for Hope Group training.

Please enter your details to receive a series of practical videos to help you make disciples.

Specifically, we will show you how to:

- **Pray** (develop a prayer map)
- **Phone** (invite someone to join your group)
- **Plan** (when and where to run a group)
- **Platform** (what online platform to use)
- **Prepare** (fantastic resources to invite friends)

If you want us to run a Hope Group training session for your church leadership team, email us on [info@togethernetnetwork.com.au](mailto:info@togethernetnetwork.com.au)

Our website is [www.togethernetnetwork.com.au](http://www.togethernetnetwork.com.au)

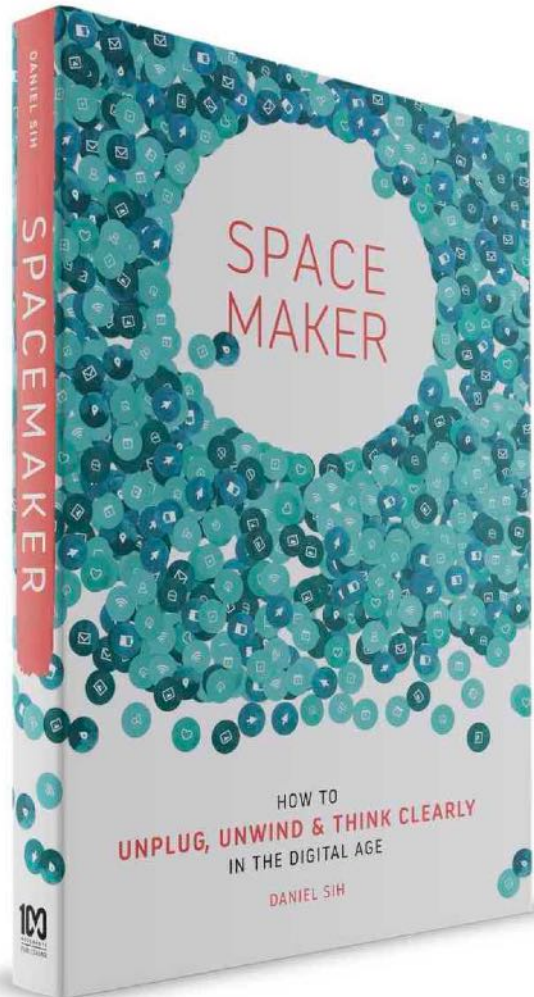
## New Training Resources

Enter your details to receive a series of practical videos to help you start a Hope Group.

I live outside of Australia

These discipleship resources will be emailed to you over a few weeks.

We respect your privacy and will never sell your data to a third party. You can unsubscribe at any time.



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