



HOPE





# Reflection Questions

1. Look back on your life and identify at least one instance when God helped you through a difficult event, then write a prayer of thanks.

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2. What lessons have you learned by persevering through challenging circumstances? Take a few minutes to identify at least one important thing you learned.

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3. How have the lessons you learned in the past influenced how you handle challenging circumstances today?

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4. If it's difficult to find hope as a caregiver, take a few minutes to share your feelings with God and ask Him for renewed hope.

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Now faith is  
confidence in  
what we  
HOPE  
for and  
assurance about  
what we  
do not see.  
—Hebrews 11:1 (NIV)



Spring  
Blooms  
Bring  
Renewed  
HOPE

