

SESSION 1 - HIDDEN HOPE

Breaking the hard ground of disappointment & complacency

LEADER'S NOTES



CREATIVE REFLECTION

- What does this image represent for you?
- How is God speaking to you through this image?

You may want to spend some time reading around these verses.

Key Scriptures: Hosea 10:12; Hosea 14:4–7; Proverbs 13:12; Hebrews 6:19–20

Testimony discussion: When has God restored hope after disappointment?

Pause after each section, allowing time for people to write in the journal and/or share.

A JOURNEY THROUGH HOSEA

Proverbs 13:12 reminds us that 'hope deferred makes the heart sick, but a longing fulfilled is a tree of life'. When hope is delayed over time, the heart can grow weary and cautious, learning to protect itself rather than remain open. Sometimes, without realising it, we stop hoping in the same way we once did. **What has made your heart weary? In what areas do you struggle to hold hope in your life?**

In the book of Hosea we encounter a people whose spiritual life had grown dry. Their hearts had become hardened, like soil left unploughed for too long. Over time, Israel began to seek reassurance in places that could not give life. They turned to political alliances and visible sources of strength, placing their trust in what appeared reliable rather than in God's ongoing care. **Where do you place your trust, or seek reassurance, in place of God?**

Yet even in this place of distance and weariness, God did not turn away. God invited his people in love rather than impatience: 'Break up your unploughed ground; for it is time to seek the Lord' (Hosea 10:12). This was a call for honesty and openness.

In what areas do you need to be honest with God about how you feel?

HOPE



In Hosea's words, God promises healing and renewal for his people. He speaks of a future where they will 'blossom like a lily' and send out new shoots (Hosea 14:4–7). **Where do you need God to bring new shoots of hope in your life? Where does he need to renew hidden hope?**



Jesus fulfils the hope-filled renewal Hosea pointed toward, through his life, death and resurrection. He brings life to what feels barren. Just as Hosea spoke of God watering and refreshing his people, the Holy Spirit continues this renewing work within us today. **Reflect: how hard do you find it to trust in the promises of Jesus? How often do you sit in the presence of God, allowing his Spirit to bring renewal?**

This is an invitation to offer your honest response to God and ask him to help you to trust him more and to increase your hunger for his presence.



Breaking ground is an act of surrender rather than effort. Israel was asked to seek the Lord, trusting that he would 'shower righteousness' upon them (Hosea 10:12). In the same way, we cannot make renewal happen by ourselves. We open the parts of our hearts we have kept closed and allow God to do what only he can do.

Spend some time with God in prayer, re-surrendering to him.

Below are a couple of suggestions to support this time of reflection.

Hebrews 6:19–20 (NIV)

'We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, where our forerunner, Jesus, has entered on our behalf.'

Anchor – Hillsong Worship

Play this song on [YouTube](#) or preferred platform. You may want to encourage people to look up the lyrics at the same time.

- What does this mean for you, going forward?
- How will you keep hope revealed?
- What habits could you implement to continue this work of renewal?

HOPE





SESSION 1 - HIDDEN HOPE JOURNAL



CREATIVE REFLECTION

- What does this image represent for you?
- How is God speaking to you through this image?

'Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.'

Proverbs 13:12

What has made your heart weary? In what areas do you struggle to hold hope in your life?

Where do you place your trust, or seek reassurance, in place of God?

In what areas do you need to be honest with God about how you feel?

HOPE / JOURNAL



Where do you need God to renew hidden hope in your life?

How hard do you find it to trust in the promises of Jesus? How often do you sit in the presence of God, allowing his Spirit to bring renewal?

Hebrews 6:19-20 (NIV)

'We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, where our forerunner, Jesus, has entered on our behalf.'



Breaking ground is an act of surrender rather than effort. We cannot make renewal happen by ourselves. We open the parts of our hearts we have kept closed and allow God to do what only he can do. **Spend some time with God in prayer, re-surrendering to him.**

What does this mean for you, going forward?

How will you keep hope revealed?

What habits could you implement to continue this work of renewal?

