

NEW YORK TIMES BEST-SELLING AUTHOR OF *WOMAN EVOLVE*

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REDISCOVERING THE **JOY** OF EXPECTATION

**A PDF COMPANION TO THE AUDIOBOOK**

*All Hope Is Found*

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# DIVINE EXPECTATION

## HUNGRY FOR HOPE

1. What is the difference between having no expectations and having hope? Which route makes more room for God?
2. When was the last time you lived in expectation of something? Try to think back to that moment. What did it feel like?
3. What's something currently in your life that you can practice divine expectation with?

# TWO EXPECTATION TRANSFORMS

## HUNGRY FOR HOPE

1. Revisit the retelling of the woman with the issue of blood (Luke 8:43–48). How would you describe this woman? What did Jesus say about her faith? What obstacles did she face, and how did she choose to handle them?
2. Do you *wonder* if God will show up, or do you *expect* that He will? How might you go about turning your heart toward *hope* and *expectation* today?
3. How does relying on God take the pressure off you? How can you strengthen your faith today by placing your trust in Him?

# THREE

## MISPLACED FAITH

### HUNGRY FOR HOPE

1. Have you ever found yourself bargaining with God, saying, “God, if You will do just *this one thing* for me, then I’ll be content”? What was the end result of that sort of prayer? Was your faith in God or in the “one thing” you asked Him for?
2. What does the definition of balance look like in your life? How can you recalibrate that to better serve your environment?
3. When is the last time you checked to make sure you didn’t have more faith in a thing than you did in God?

# FOUR

## PREPARE FOR HOPE

### HUNGRY FOR HOPE

1. What does the word *hope* mean to you? How do you use it in everyday conversation?
2. What power does hope have to change your mindset or influence your actions?
3. How has God carried you in the past? Do you believe He can do it again in the future?

# **FIVE** **PUSH PAST SURVIVAL**

## **HUNGRY FOR HOPE**

1. Muster your courage for a moment and look back on something you've previously suffered. What did you learn about God from those tribulations? Would you have been able to learn those same lessons without your suffering?
2. What perspectives have you gained from obstacles you've overcome?
3. What have you achieved beyond your imaginings? What has God done with your grief? How has He refused to waste your pain?

# **SIX** KNOW WHAT YOU'RE WORKING WITH

## **HUNGRY FOR HOPE**

1. How can you try today to see things the way God sees them?
2. What change happens in your mind and heart when you begin to look for the possibilities instead of the potential obstacles ahead of you?
3. How does it feel to know that Jesus Himself has faith in you to carry out His divine mission?

# SEVEN

## PUT YOUR HOPE TO WORK

### HUNGRY FOR HOPE

1. Have you ever received a word from God? If so, what was it, and how did you respond? If you would like God to send you a word, make a plan to spend some time with Him in prayer.
2. You have to actively seek ways to spread hope in all that you do. If you're going to leave a lasting impression, how can you make sure that it's not about making yourself look good but rather leaving the moment more hopeful than it was before you entered?
3. Have you ever felt discouraged and out of place and then received a message from a book, sermon, or podcast that made you feel alive? How did that change your mindset?

# EIGHT

HOPE SPEECH

## HUNGRY FOR HOPE

1. What is something someone has said to you recently that filled you with confidence and hope?
2. How can you strategically use your own words to spread hope to others this week?
3. How is hope the antidote to doubt? What does doubt do to your outlook and mindset the longer you dwell in it?

# NINE

## CONTAGIOUS HOPE

### HUNGRY FOR HOPE

1. How can hope be contagious?
2. How does it feel to know that God has confidence in you?  
What does this confidence compel you to do?
3. How has someone in the past spread hope into your heart?  
What can you do for someone else today that could fill them with much-needed strength and hope?