

Unnecessary Endings

Sometimes we're way too quick to give up hope. We're going to work through the anatomy of hope. We wrongly think that hope has to do with the future. In reality, hope always has to do with the past.

“Hope deferred makes the heart sick, but a longing fulfilled (desire accomplished) is a tree of life.”
Proverbs 13:12

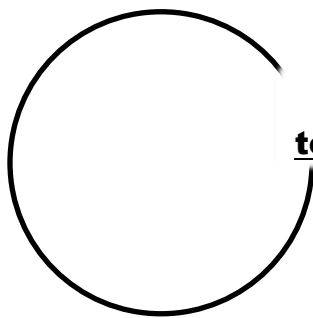


RULE #1: THE BEST PREDICTOR OF THE FUTURE IS THE PAST.

RULE #2: IT DOESN'T MEAN IT'S OVER.

What difference has to happen in order for me to have hope?

The Physics of Change ...



New source of energy & a template to organize that energy.

1. Involvement In A Proven Change Process

Key: If something or someone is going to get better, a change process that is known to be capable of bringing results should be in the picture.

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2. Additional Structure

Key: There should be a “time and place” structure to the change process. i.e. “I will attend this x every week at x time.”

3. New Wisdom

Key: New information, knowledge, principles, etc. are required to learn and grow, and those sources and experiences specified.

4. New Experiences And Skills

Key: The person should be developing new skills, abilities, and capacities. The “how” and “when” should be specified.

Four Behaviors – Defensiveness, Contempt, Unplugging, Global Criticism

5. Self-Sustaining Motivation

Key: The person should show self-motivated pursuit of change, as opposed to being constantly pushed.

6. Admission Of Need

Key: The person should show an ownership of needing to change and needing help. “I need some help.”

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7. Support And Energy

Key: The person is connected to a support system, group, or individuals that will help provide support and energy along the way.

8. Show Movement

Key: If something has hope, the process of change is visible over some appropriate measure of time. This does not mean that all is well or done, but that “something” is happening.

← Forgive → New Ways!

Discussion Questions:

1. In what area(s) are you currently feeling hopeless? How do your differences contribute to the things you feel most hopeless about? How can your differences help you to feel more hopeful?
2. How will you begin to establish or reestablish trust?
3. What are you thinking about as a next step?
4. What resources will you need to accomplish this?
5. What do you need right now (emotionally, physically, financially, relationally, etc.)?
6. Who do you need to seek out for further discussion?