

# WEEKLY BIBLE STUDY

HOPE, HEALING  
AND HOLINESS



Pastor Eric S. C. Manning

Liidia Peetre

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## **Week 1: Triple H – Hope, Healing, and Holiness**

**Scripture:** 1 Peter 1:3–10

### **Introduction**

Our hope is rooted in the past: Jesus rose! Our hope endures in the present: Jesus lives! Our hope is secured in the future: Jesus is coming! (1:5, 7, 13). Peter writes a letter of hope. The hope he shares is not what we call a ‘fond hope’. We cherish fond hopes because they are so fragile. We ‘hope against hope’ because we do not really expect what we hope for. But Peter speaks of a sure hope, a hope that holds the future in the present because it is anchored in the past. Peter hopes for God’s salvation, God’s deliverance from sin and death. His hope is certain because God has already achieved salvation through the resurrection of Jesus Christ from the dead. The resurrection of Jesus was a life-changing reality for Peter. When Jesus died on the cross, it marked the end of all Peter’s hopes. He experienced only bitter sorrow for his own denials. The dawn could not bring hope; with the crowing of the rooster, he heard the echo of his curses. But Jesus did not stay dead. On that Easter morning, Peter learned from the women about the empty tomb and the message of the angels. He ran to the tomb and saw the evidence himself. He left in wonder, but Jesus remembered Peter and appeared to him even before he joined the disciples in the upper room for a meal. Hope was reborn in Peter’s heart with the sight of his living Lord. Now Peter writes to praise God for that living hope. The resurrection did more than restore his Master to him. The resurrection crowned the victory of Christ, his victory for Peter, as well as for those he writes to. The resurrection shows that God has made the Crucified both Lord and Christ. Jesus rules from the right hand of the Father until the day he comes again to restore and renew all things. With Jesus’ resurrection and entrance into glory, a new age has begun. Peter now waits for the day when Jesus will be revealed from heaven (1:7, 13). Peter’s living hope is Jesus. Praise be to God, the Father of our Lord Jesus Christ!

### **Key Points:**

- Hope anchors us in God’s promises.
- Healing restores what life has broken.
- Holiness is living set apart for God.

### **Discussion Questions:**

1. What does “living hope” mean to you personally?
2. Can you share a time when God brought healing to your life or community?
3. How do you understand holiness—not as perfection, but as being set apart?
4. How do hope, healing, and holiness work together in your faith journey?
5. What challenges do you face in living out these three gifts?

**Closing Prayer:**

Lord, help us anchor our lives in hope, seek Your healing, and walk in holiness. Guide our thoughts and actions to reflect Your love. Amen.

**Notes:**

## **Week 2: A Future and A Hope**

**Scripture:** Jeremiah 29:10–13

### **Introduction**

The passage before us today is one of the most quoted verses in all of Scripture: Jeremiah 29:11. It appears on coffee mugs, graduation cards, and church banners. But beyond the familiarity of the words lies a powerful truth: God's people can cling to hope even when life feels hopeless. Hope is more than wishful thinking. Hope is more than crossing your fingers and saying, "I hope things work out." The hope God gives us is a confident expectation rooted in His promises and His character. And in a world filled with bad news, uncertainty, and despair, this hope is not only necessary — it is life-giving.

Context of Jeremiah 29:11

*Transition to the text – Holy Spirit, shine Your light on Your word in our hearts.*

To understand this verse, we must recall its context. The people of Israel were not in a time of victory, but rather in a time of exile. They had been taken away to Babylon, far from home, the temple, and everything familiar. They were discouraged, displaced, and wondering if God had forgotten them. It's in that moment of despair that God speaks through Jeremiah and says: "For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, to give you a future and a hope." This was not a promise of immediate relief but a promise of ultimate restoration. God told them they would be in Babylon for seventy years, but He had not abandoned them. His plans were still in place. His covenant was still certain. His hope was still alive.

This, then, is why the Prophet now speaks so much about their future redemption: it was hard to persuade the Jews because they believed they would soon return to their homeland. They couldn't tolerate delay or exercise patience, as God had commanded. At the same time, as mentioned, they were very confident since false prophets filled their minds with false hopes. He therefore says, 'I know the thoughts that I think toward you.' Some interpret that God claims here, as something uniquely His, the foreknowledge of future events, but this is not the Prophet's intention. Instead, it implies a contrast between God's definite plan and the pointless fantasies the Jews entertained. The same idea is expressed in Isaiah 55:9, when it says, "As far as the heavens are from the earth, so far are my thoughts from your thoughts." The Jews used to judge God's plans by their own absurd ideas. When a promise was made, they questioned its validity and considered their surroundings, relying only on their own reasoning. Therefore, God rebuked them, showing how foolish their actions were, and said that His thoughts were as distant from theirs as heaven is from earth. In this passage, although neither part is explicitly stated, the Prophet's main point was to show that the Jews should have entrusted themselves to God rather than trying to be clever in understanding how things would happen, and instead be convinced that God's decisions could not be altered.

**Key Points:**

- God's plans are for our welfare and peace.
- Hope is rooted in God's knowledge, not our circumstances.
- Hope looks beyond the present toward God's promised future.

**Discussion Questions:**

1. How does knowing God has a plan for you affect your response to difficulties?
2. What does it mean to seek God "with all your heart"?
3. Share a time when God's promise gave you hope in a hard season.
4. How can we encourage each other to keep building and hoping, even when life is hard?
5. What does "living with expectation" look like for you?

**Closing Prayer:**

God of hope, help us trust Your plans and seek You wholeheartedly. Strengthen our faith and guide us into Your future. Amen.

**Notes:**

## **Week 3: I Have Hope!**

**Scripture:** Lamentations 3:19–23

### **Introduction**

The author (traditionally Jeremiah) saw the holy city burned, the temple destroyed, families broken, and people enslaved. The weight of judgment was crushing. He describes feelings of bitterness, affliction, and the sense that God had turned against him. Yet, in the middle of this lament, he remembers something. He shifts his focus from his circumstances to God's character. And when he does, hope rises.

We see here what I have already stated: that if we resist temptations, it will be a sure remedy for us because our faith will eventually reemerge and gain strength. Yes, it will, in a sense, be lifted from the lowest depths. This is what Jeremiah now shows: I will recall this, he says, to my heart, and therefore I will hope. How can despair produce hope on its own? This would go against nature. So, what does the Prophet mean here, and what does he understand by the pronoun "this"? It means that even when oppressed by destruction, he was nearly lost and almost convinced that no more hope for good remained. When he recalls this, he means to have new ground for hope—namely, when he turns to God. For all who drown in their sorrows without looking to God, only fan the hidden fire deeper, which can suddenly turn to fury. That is why they complain against God, as if they were doubly insane. But those who are aware of their weakness and pray to God will eventually find a basis for hope.

It must still be noted that we should be cautious lest we become sluggish in our sins; because this often causes our minds to become completely overwhelmed. Whoever then wants to benefit from their sins should consider what the Prophet thought of here: for he eventually came to himself and overcame all obstacles. We see then that God brings light out of darkness when He restores His faithful people from despair to hopeful assurance; yes, He even makes weakness itself a cause for hope. Why do unbelievers lose hope? Because security keeps them away from God; but a sense of our own weakness draws us closer to Him. Thus, hope, contrary to nature and through God's mysterious and wondrous kindness, arises from despair.

### **Key Points:**

- Hope is remembered, not manufactured.

- God's mercies are new every morning.
- God's faithfulness is our anchor.

**Discussion Questions:**

1. Why is it important to remember God's faithfulness in hard times?
2. How can recalling God's past mercies help us face today's struggles?
3. What does "Great is Your faithfulness" mean to you?
4. How do you remind yourself of hope when despair whispers?
5. What practical steps can you take to remember God's love and mercy daily?

**Closing Prayer:**

Faithful God, thank You for mercies new every morning. Help us remember Your love and stand in hope, not despair. Amen.

**Notes:**



## **Week 4: Overflowing with Hope**

**Scripture:** Romans 15:13

### **Introduction**

Paul's message to the believers in Rome was not written during a time of comfort or ease. The early church was learning how to live out the gospel amid persecution, political upheaval, and cultural division. Roman society was characterized by social stratification, Jews and Gentiles, rich and poor, free and enslaved, all trying to find their place in a new community shaped by Christ. Tensions often arose between those who followed the law of Moses and those from pagan backgrounds. Some believers questioned whether God's promises to Israel still applied, while others struggled to understand what it meant to be united in Christ across different backgrounds. In this uncertain and divided environment (as we see today), Paul offered words of blessing, encouragement, and hope.

When Paul spoke of hope, he wasn't offering shallow optimism that things would "get better." He was directing the believers to a person—the God whose character and faithfulness anchor our souls. Paul's kind of hope was not based on favorable circumstances; it was grounded in the certainty of who God is and what God has accomplished through Jesus Christ. Even as the believers faced social rejection and political suspicion, Paul reminded them that the Holy Spirit was present, filling them with joy and peace as they continued to believe. Their circumstances were fragile, but their hope was firm because it was built on the unchanging nature of God.

Paul's letter to the Romans reminds every generation of believers that hope is not the denial of reality but a declaration of divine certainty. **It is not wishful thinking—it is confident trust.** In times of conflict, confusion, or loss, this hope reassures us that God's purpose is still unfolding. Just as the Roman Christians were called to unite in faith, we are also invited to believe that even amid tension, division, and uncertainty, God is working all things for good. Hope, then, becomes an act of faith—a steadfast declaration that no matter what we face, the God of hope is still in control.

### **Key Points:**

- God is the source of hope.
- Faith opens the door to joy and peace.

- The Holy Spirit enables us to abound in hope.

**Discussion Questions:**

1. What does it mean to “overflow with hope”?
2. How does the Holy Spirit help us experience hope beyond circumstances?
3. How can we be agents of hope for others in our community?
4. What is the difference between joy and happiness in the Christian life?
5. Share a time when hope overflowed in your life and impacted others.

**Closing Prayer:**

God of hope, fill us with joy and peace as we trust in You. Let Your Spirit help us overflow with hope and share it with others. Amen.

**Notes:**

## **Week 5: Hope in God – Confidence and Expectation**

**Scripture:** Psalm 71:5, 1 Timothy 1:1, Hebrews 6:19

Scriptures - Psalm 71:5, 1 Timothy 1:1, Hebrews 6:19

Hope, in the Christian life, is much more than just an optimistic feeling or a wishful thought—it is confidence rooted in the character of God. Psalm 71:5 declares, “For You have been my hope, Sovereign Lord, my confidence since my youth.” This testimony reminds us that hope comes from the consistent evidence of God’s faithfulness over time. We learn to trust not because circumstances are predictable, but because God is. Hope as confidence means anchoring our expectations in the One who has proven Himself faithful in every season. It is knowing that what God has promised, God will do, and that His presence is the foundation of our trust.

This hope is not just an idea; it is embodied in a Person. In 1 Timothy 1:1, Paul refers to Jesus Christ as “our hope.” This is more than just theological language—it’s a life-changing truth. Jesus provides the assurance that God’s promises are real, trustworthy, and already happening. Because Christ lives, walks with us, and intercedes for us, we hold a hope that cannot be shaken by disappointment or fear. When we place our confidence in Christ Himself, we find a hope that strengthens us in suffering, steady us in uncertainty, and sustains us when life gets tough. Our hope has a name, and His faithfulness is our certainty.

Hebrews 6:19 beautifully describes this hope as “an anchor for the soul, firm and secure.” Christian hope does not drift with the tides of emotion or circumstance; it steadies us in the storms of life. This is the hope that reaches beyond death, stretching into the eternity God has prepared for His people—an eternity guaranteed by the resurrection of Jesus Christ. Because He has gone before us, our future is not in question. Hope as confidence means living with the assurance that God’s promises extend beyond time into forever. It calls us to face today with courage, tomorrow with peace, and eternity with joy, knowing our souls are held fast by the unchanging faithfulness of God.

### **Key Points:**

- Hope is commanded and rooted in God’s character.
- Hope brings security and confidence.
- Hope is an anchor for the soul.

### **Discussion Questions:**

1. How is biblical hope different from wishful thinking?

2. What does it mean for hope to be an “anchor for the soul”?
3. How does hope affect your daily decisions and relationships?
4. In what ways has hope given you strength during trials?
5. How can we encourage each other to hold fast to hope?

## **God and Jesus Christ are the hope of believers**

[Ps 71:5](#); [1 Ti 1:1](#)

**Psalm 71:5 (ESV)** — **5** For you, O Lord, are my hope, my trust, O Lord, from my youth.

**1 Timothy 1:1 (ESV)** — **1** Paul, an apostle of Christ Jesus by command of God our Savior and of Christ Jesus our hope,

See also [1 Ti 4:10](#); [Je 17:13](#); [Je 14:8](#); [1 Pe 1:21](#); [Is 11:10](#); [Is 42:4](#); [Mt 12:21](#); [Ac 28:20](#); [Ro 15:12–13](#)

**1 Timothy 4:10 (ESV)** — **10** For to this end we toil and strive, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe.

**Jeremiah 17:13 (ESV)** — **13** O Lord, the hope of Israel, all who forsake you shall be put to shame; those who turn away from you shall be written in the earth, for they have forsaken the Lord, the fountain of living water.

**Jeremiah 14:8 (ESV)** — **8** O you hope of Israel, its savior in time of trouble, why should you be like a stranger in the land, like a traveler who turns aside to tarry for a night?

**1 Peter 1:21 (ESV)** — **21** who through him are believers in God, who raised him from the dead and gave him glory, so that your faith and hope are in God.

**Isaiah 11:10 (ESV)** — **10** In that day the root of Jesse, who shall stand as a signal for the peoples—of him shall the nations inquire, and his resting place shall be glorious.

**Isaiah 42:4 (ESV)** — **4** He will not grow faint or be discouraged till he has established justice in the earth; and the coastlands wait for his law.

**Matthew 12:21 (ESV)** — **21** and in his name the Gentiles will hope.”

**Acts 28:20 (ESV)** — **20** For this reason, therefore, I have asked to see you and speak with you, since it is because of the hope of Israel that I am wearing this chain.”

**Romans 15:12–13 (ESV)** — **12** And again Isaiah says, “The root of Jesse will come, even he who arises to rule the Gentiles; in him will the Gentiles hope.” **13** May the God of hope fill you

with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

### **The hope of resurrection and eternal life**

[Ac 23:6](#) The Sadducees did not believe in the resurrection whereas the Pharisees did; [Tt 1:2](#)

**Acts 23:6 (ESV)** — **6** Now when Paul perceived that one part were Sadducees and the other Pharisees, he cried out in the council, “Brothers, I am a Pharisee, a son of Pharisees. It is with respect to the hope and the resurrection of the dead that I am on trial.”

**Titus 1:2 (ESV)** — **2** in hope of eternal life, which God, who never lies, promised before the ages began

See also [Tt 3:7](#); [1 Pe 1:3](#); [Ro 8:24](#); [Ac 24:15](#); [Ps 16:9](#); [Heb 6:11](#); [Heb 7:19](#); [Ac 2:26–27](#); [1 Co 15:19](#)

**Titus 3:7 (ESV)** — **7** so that being justified by his grace we might become heirs according to the hope of eternal life.

**1 Peter 1:3 (ESV)** — **3** Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead,

**Romans 8:24 (ESV)** — **24** For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees?

**Acts 24:15 (ESV)** — **15** having a hope in God, which these men themselves accept, that there will be a resurrection of both the just and the unjust.

**Psalms 16:9 (ESV)** — **9** Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure.

**Hebrews 6:11 (ESV)** — **11** And we desire each one of you to show the same earnestness to have the full assurance of hope until the end,

**Hebrews 7:19 (ESV)** — **19** (for the law made nothing perfect); but on the other hand, a better hope is introduced, through which we draw near to God.

**Acts 2:26–27 (ESV)** — **26** therefore my heart was glad, and my tongue rejoiced; my flesh also will dwell in hope. **27** For you will not abandon my soul to Hades, or let your Holy One see corruption.

**1 Corinthians 15:19 (ESV)** — **19** If in Christ we have hope in this life only, we are of all people most to be pitied.

### **The hope of future glory**

[Ro 5:2](#); [Col 1:27](#); [Tt 2:13](#)

**Romans 5:2 (ESV)** — **2** Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God.

**Colossians 1:27 (ESV)** — **27** To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory.

**Titus 2:13 (ESV)** — **13** waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ,

See also [2 Ti 4:8](#); [Eph 1:12](#); [Ga 5:5](#); [Eph 1:18](#); [1 Th 5:8](#); [1 Th 2:19](#); [Ro 8:18–21](#); [2 Co 3:10–12](#)

**2 Timothy 4:8 (ESV)** — **8** Henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous judge, will award to me on that day, and not only to me but also to all who have loved his appearing.

**Ephesians 1:12 (ESV)** — **12** so that we who were the first to hope in Christ might be to the praise of his glory.

**Galatians 5:5 (ESV)** — **5** For through the Spirit, by faith, we ourselves eagerly wait for the hope of righteousness.

**Ephesians 1:18 (ESV)** — **18** having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints,

**1 Thessalonians 5:8 (ESV)** — **8** But since we belong to the day, let us be sober, having put on the breastplate of faith and love, and for a helmet the hope of salvation.

**1 Thessalonians 2:19 (ESV)** — **19** For what is our hope or joy or crown of boasting before our Lord Jesus at his coming? Is it not you?

**Romans 8:18–21 (ESV)** — **18** For I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us. **19** For the creation waits with eager longing for the revealing of the sons of God. **20** For the creation was subjected to futility, not willingly, but because of him who subjected it, in hope **21** that the creation itself will be set free from its bondage to corruption and obtain the freedom of the glory of the children of God.

**2 Corinthians 3:10–12 (ESV)** — **10** Indeed, in this case, what once had glory has come to have no glory at all, because of the glory that surpasses it. **11** For if what was being brought to an end came with glory, much more will what is permanent have glory. **12** Since we have such a hope, we are very bold,

**Hope is a Christian virtue**

[Ro 5:3–4](#); [1 Co 13:13](#)

**Romans 5:3–4 (ESV)** — **3** Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, **4** and endurance produces character, and character produces hope,

**1 Corinthians 13:13 (ESV)** — **13** So now faith, hope, and love abide, these three; but the greatest of these is love.

See also [Ro 12:12](#); [1 Pe 3:15](#); [Ro 15:13](#); [1 Co 13:7](#); [Col 1:23](#); [Heb 3:6](#); [Eph 4:4](#)

**Romans 12:12 (ESV)** — **12** Rejoice in hope, be patient in tribulation, be constant in prayer.

**1 Peter 3:15 (ESV)** — **15** but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect,

**Romans 15:13 (ESV)** — **13** May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

**1 Corinthians 13:7 (ESV)** — **7** Love bears all things, believes all things, hopes all things, endures all things.

**Colossians 1:23 (ESV)** — **23** if indeed you continue in the faith, stable and steadfast, not shifting from the hope of the gospel that you heard, which has been proclaimed in all creation under heaven, and of which I, Paul, became a minister.

**Hebrews 3:6 (ESV)** — **6** but Christ is faithful over God's house as a son. And we are his house, if indeed we hold fast our confidence and our boasting in our hope.

**Ephesians 4:4 (ESV)** — **4** There is one body and one Spirit—just as you were called to the one hope that belongs to your call—

### **The effect of future hope on living now**

[Col 1:4–5](#)

**Colossians 1:4–5 (ESV)** — **4** since we heard of your faith in Christ Jesus and of the love that you have for all the saints, **5** because of the hope laid up for you in heaven. Of this you have heard before in the word of the truth, the gospel,

See also [1 Jn 3:1–3](#); [1 Pe 1:13](#); [1 Th 1:3](#); [1 Th 5:8](#); [Heb 6:19](#); [Ro 8:22–23](#) Hope induces a longing for what will be when Jesus Christ returns

**1 John 3:1–3 (ESV)** — **1** See what kind of love the Father has given to us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know him. **2** Beloved, we are God's children now, and what we will be has not yet appeared; but we know that when he appears we shall be like him, because we shall see him as he is. **3** And everyone who thus hopes in him purifies himself as he is pure.

**1 Peter 1:13 (ESV) — 13** Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.

**1 Thessalonians 1:3 (ESV) — 3** remembering before our God and Father your work of faith and labor of love and steadfastness of hope in our Lord Jesus Christ.

**1 Thessalonians 5:8 (ESV) — 8** But since we belong to the day, let us be sober, having put on the breastplate of faith and love, and for a helmet the hope of salvation.

**Hebrews 6:19 (ESV) — 19** We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner place behind the curtain,

**Romans 8:22–23 (ESV) — 22** For we know that the whole creation has been groaning together in the pains of childbirth until now. **23** And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies.



## **Week 6: Living Out Hope, Healing, and Holiness**

**Scripture:** 1 Peter 1:13 16, Romans 12:12

### **Key Points:**

- Holiness is practical—living set apart for God.
- Rejoice in hope, be patient in tribulation, constant in prayer.
- The church is called to embody hope, healing, and holiness.

### **Discussion Questions:**

1. How can we practically live out hope, healing, and holiness?
2. What challenges do you face in pursuing holiness?
3. How can the church support each other in this journey?
4. What spiritual discipline will you commit to for the next month?
5. How can our lives serve as a testimony of God's grace?

### **Closing Prayer:**

Lord, help us walk in hope, be restored in healing, and live set apart in holiness. Strengthen our faith and unite us in Your love. Amen.

### **Notes:**