

LIVE LIKE JESUS

SPREAD HOPE

Sharing Jesus as the hope of the world. Seeking peace, justice, and human flourishing as we strive to live in the Kingdom of God.

- Welcome, Overview
- Message
- Group Study
- Practice the Practice
- Closing Prayer

This Week's Key Verse to Think About, Soak in, and Memorize:

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always to the very end of the age." **Matthew 28:19-20**

More Resources to Explore!

See the Spiritual Growth Section of the Twin Cities Church website:

<https://www.twincities.church/spiritual-growth-live4>

Click on the "Spread Hope" picture to find many helpful resources.

SPREAD HOPE

We live in a world marked by despair, confusion, and brokenness. Against that backdrop, the hope we have in Jesus Christ shines all the brighter—a steady beacon of light, a source of lasting peace, and the anchor of our souls. Jesus is the hope of the world. And when we share His love and the message of salvation, we are carrying the most important news anyone could ever hear: that Jesus rescues people from spiritual death and offers new, abundant life.

The world is desperate for hope—especially in seasons of pain, uncertainty, and loss. And the hope we share isn't a vague, wishful sentiment; it is living, active, and powerful enough to transform the deepest darkness. When we introduce people to Jesus, we're not just offering temporary encouragement—we are pointing them to the gift of eternal life that only He can bring.

Through both our words and our actions, we become His hands, His feet, and His heart in a hurting world. We point others to the only One who can offer peace with God, true restoration, and everlasting joy. At its core, the Gospel is the story of God's boundless love, forgiveness, and redemption—and when we share it, we become messengers of that same mercy to those in desperate need.

And here's the incredible part: God has chosen to partner with us in this mission. We get to be part of His life-changing work. What joy there is in watching lives restored, hearts healed, and hope reborn through the power of Jesus Christ.

What the Bible Says About Spreading Hope

There are several places that talk about sharing the hope of Jesus with others:

- **1 Peter 3:15:** *"But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect."*

This verse encourages us to be ready to share our hope in Jesus with others.

- **2 Corinthians 5:20:** *"We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God."*

We have the privilege and responsibility as God's representatives, to share His message of hope and reconciliation.

- **Acts 1:8:** *"But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."*

God gives us power, boldness, and His presence as we share hope with others. We have His Spirit in us, which makes all the difference.

Biblical Example: A Broken Man With a Powerful Story

As Jesus was traveling, he encountered a man who was possessed by a legion of demons. This man had been living in isolation, roaming among the tombs, wild and uncontrolled. His life was full of chaos, torment, and hopelessness. Then he met Jesus.

Luke 8:26-39: *They sailed to the region of the Gerasenes, which is across the lake from Galilee. When Jesus stepped ashore, he was met by a demon-possessed man from the town. For a long time this man had not worn clothes or lived in a house, but had lived in the tombs. When he saw Jesus, he cried out and fell at his feet, shouting at the top of his voice, "What do you want with me, Jesus, Son of the Most High God? I beg you, don't torture me!" For Jesus had commanded the impure spirit to come out of the man. Many times it had seized him, and though he was chained hand and foot and kept under guard, he had broken his chains and had been driven by the demon into solitary places. Jesus asked him, "What is your name?" "Legion," he replied, because many demons had gone into him. And they begged Jesus repeatedly not to order them to go into the Abyss. A large herd of pigs was feeding there on the hillside. The demons begged Jesus to let them go into the pigs, and he gave them permission. When the demons came out of the man, they went into the pigs, and the herd rushed down the steep bank into the lake and was drowned. When those tending the pigs saw what had happened, they ran off and reported this in the town and countryside, and the people went out to see what had happened. When they came to Jesus, they found the man from whom the demons had gone out, sitting at Jesus' feet, dressed and in his right mind; and they were afraid. Those who had seen it told the people how the demon-possessed man had been cured. Then all the people of the region of the Gerasenes asked Jesus to leave them, because they were overcome with fear. So he got into the boat and left. The man from whom the demons had gone out begged to go with him, but Jesus sent him away, saying, "Return home and tell how much God has done for you." So the man went away and told all over town how much Jesus had done for him.*

With just a word, Jesus delivered this man, restoring him to peace, clarity, and dignity. For the first time in years, the man was in his right mind, sitting calmly at Jesus' feet.

Overwhelmed with gratitude, he begged to follow Jesus—but Jesus had another mission for him. Instead of asking him to leave everything behind, Jesus told him to stay and share what God had done. And that's exactly what he did. The man who had once been feared and avoided became a walking testimony of God's power and mercy. His transformation was so compelling that when Jesus later returned to the region, the very people who had once rejected Him welcomed Him with open arms.

Like this man, many of us have experienced Jesus' life-changing power. Maybe we haven't battled demons, but we've all known darkness, brokenness, and the ache of separation from God. Jesus rescued us, brought us peace, and gave us new purpose—and now He invites us to do the same: to spread hope.

This story reminds us that God uses ordinary people and their real stories to reveal His extraordinary grace. Sharing your faith doesn't have to be intimidating or awkward. What if you

simply told your story? What if you let the joy and peace Jesus has given you naturally overflow into your conversations, your relationships, and your everyday life? That kind of hope is contagious. That kind of witness can change lives.

This week, we're leaning into the practice **Spread Hope**. Together, we'll explore what it looks like to be people who bring light, joy, and truth into the lives of those around us. Your story matters. Your life—restored and repurposed by Jesus—can become a powerful invitation for others to experience the same hope.

GROUP STUDY: Spread Hope

Begin with Prayer and Silence

As a group say a quick prayer to invite the Holy Spirit to guide your time together. Then spend a moment in silence, expressing a desire to hear from God.

Explore the Scriptures

1. Why is hope such a powerful gift to share, especially in today's world? Let's read Romans 15:13. How has your own life been "filled with hope" through Jesus?
2. Let's read 2 Timothy 1:7-8. This scripture encourages us to boldly share our faith. That's not easy for most people. What holds you back from sharing your faith more openly? In what ways do you think our culture fuels those fears? How can remembering that God's Spirit gives us *power and love* help you step past those fears?
3. In John 9:24–25, the man healed by Jesus simply said, "I was blind, but now I see." He didn't have all the answers—he just shared what Jesus had done for him. How can your story, even if it doesn't feel dramatic, still point others to Jesus? What are some simple, natural ways you could start sharing what God has done in your life?

Read the Practice Together

Read through the practice on the next page together, and then answer these questions:

- Do you feel you understand the practice? Do you have any questions about it?
- How do you feel about practicing this, any concerns?

Share Your Personal Action Plan with the Group

I will practice this on (day and time) _____

in this place (location) _____

Close in Prayer

PRACTICE: Spread Hope

Sharing our hope in Jesus doesn't have to be intimidating or complicated. In fact, one of the most powerful ways we can reflect God's love is by simply being with people who are far from God, getting to know them, and sharing our story—how Jesus has changed our lives. Just like the man in Luke 8 who was healed and sent to tell others what God had done for him, we're invited to do the same. This week, we're practicing how to share our hope with confidence, compassion, and clarity—trusting that God will lead us as we do.

How to Practice:

1. Reflect on What Jesus Has Done for You

Take a moment this week to think deeply about your journey with Jesus. Jot down a few thoughts from the following questions:

- What was your life like before you encountered Jesus?
- How did He meet you or change your direction?
- What difference does He make in your life today?

2. Prepare and Practice Your Story

Craft a short version of your testimony—2–3 minutes focused on three key moments:

1. Who you were before Jesus.
2. How you encountered Him.
3. How your life has changed.

Then, practice saying it out loud. Keep it simple, clear, and authentic—like you're telling a friend.

3. Start Small and Trust God

It's normal to feel nervous. Fear of rejection is real, but it doesn't have to win.

- Start by sharing your story with someone you know and trust—a friend, family member, or small group member.
- Then begin to spend time with a friend who doesn't know Jesus. Invite them to dinner or coffee. Get to know them without an agenda. Follow Jesus' example. He did this a lot.
- Ask the Lord for opportunities to share about your life and story as you interact together.
- Let the Holy Spirit guide you to the right moment and the right words. Trust Him for the outcome. Let it be natural and authentic, coming from a heart of love for your friend.