

# Holy Hope

By RLD Editorial Team

for use as

STEP 1

**Lesson 13****Focus:**

Jesus can help me  
when I'm  
discouraged.

**Lesson 13****Bible Basis:**

John 5:1-15

**Lesson 13****Memory Verse:**

May the God of hope fill you with all  
joy and peace as you trust in him,  
so that you may overflow with hope  
by the power of the Holy Spirit.  
—Romans 15:13

**Students will understand that while discouragement is natural, they can find hope in God through the power of the Holy Spirit.**

**Materials:**

- Internet access

**Have you ever tried and tried to master something, but you just could not seem to get it right? Have you felt like you would never make a friend, or never feel better, or never pass a math test? Have you had days or weeks where there was one disappointment after another? These and other experiences can leave us feeling discouraged.**

- **How would you describe what it feels like when you are discouraged?** (Answers will vary: Like no one cares, like nothing else matters, like there is no hope; I feel sad, scared, alone, etc.)
- **How do you usually act when you feel discouraged?** (Answers will vary but may include: Cry, become impatient, have a short temper, feel grouchy, depressed, quiet, stay away from other people, etc.)

**Housing that is safe and affordable can be incredibly difficult to find, especially when families face financial difficulties. Habitat for Humanity is an organization that builds homes for families in need.**

Share the following video [2:28]:

Habitat for Humanity Home Dedication

[https://www.youtube.com/watch?v=5trWkx\\_z3Rk](https://www.youtube.com/watch?v=5trWkx_z3Rk)

**This family who had been in difficult circumstances received the blessing of safe, clean, affordable housing to live in. This house provided a safe, consistent place for her family to live in.**

➤ **In the video, we saw Alycia Moore, who had been discouraged in big ways, receive hope. What does it usually take for your discouragement to go away?** (Answers will vary.)

➤ **While you may not have experienced very difficult situations like lack of housing, all of us have felt discouraged or hopeless at one point or another. What are some examples of situations when you became discouraged—whether these situations are big or small things?** (Answers will vary.)

**Sometimes, regardless of how big or small the situation, we become discouraged because the circumstances seem too big for us to handle or because things are not going the way we think they should. Let's see what lifted the spirits of a man who was in a very discouraging situation for 38 years.**

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

Lesson 13 / February 23, 2025

# Holy Hope

for use as  
**STEP 4** 

**Lesson 13****Focus:**

Jesus can help  
when I'm  
discouraged.

**Lesson 13****Bible Basis:**

John 5:1-15

**Lesson 13****Memory Verse:**

May the God of hope fill you with all  
joy and peace as you trust in him,  
so that you may overflow with hope  
by the power of the Holy Spirit.  
—Romans 15:13

**Materials:**

- Index cards (1 per student)
- Pens/pencils
- Whiteboard and marker (or screenshared document)

If your class is meeting online, invite students to bring supplies to class.

**The man in today's lesson was discouraged because he could not see beyond his situation or need. He lost hope in ever getting into the pool when the waters could heal him.**

**Someone might say, "I hope things get better." That sounds more like a wish than help. But when we turn to Jesus, the Holy Spirit gives us true hope—hope that even if the circumstances do not improve, Jesus will be with us every step of the way. We can always have hope in Jesus for our life here on earth and for eternity with Him in heaven.**

➤ **Why do you think we often give in to discouragement even when we know Jesus is with us?** (Answers will vary.)

Have a volunteer read today's memory verse: **"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit (Romans 15:13).**

➤ **How can we experience the hope, joy, and peace of God?** (Trust in Him; pray and ask for it; center our thoughts and hearts on Jesus.)

Distribute supplies (or invite students to have them ready at home).

**On one side of your cards, write out today's memory verse, Romans 15:13.** Display the memory verse on a whiteboard (or screenshared document) for students to copy down. **On the other side of the card, write a situation you're facing that is discouraging.**

Optional: If you feel comfortable, you may want to play this softly while your students work  
[3:23]: Find Rest - Francesca Battistelli Lyrics  
<https://www.youtube.com/watch?v=yNSjPbO4d3Q>

**Keep your card somewhere you'll see it regularly, so when you feel discouraged by the situation on one side of your card, you can read Romans 15:13 and be reminded to put your hope in Jesus and seek His help. Ask Jesus to replace your discouragement with His joy and peace.**

In closing, pray the memory verse as a blessing over your preteens: **May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit. In Jesus' name, amen.**

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