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## **Thoughtful**

Featuring  
**Ashley Engle**

*Session 1: Think Kingdom Thoughts*

*Session 2: Think Joyful Thoughts*

**➡ Session 3: Think Hopeful Thoughts**

*Session 4: Think Grateful Thoughts*

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To view the accompanying videos for this series,  
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What are you thinking?

# Thoughtful

Session Three  
Think Hopeful Thoughts

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*Are we capable of remaining hopeful during difficult times? In this week's session, we will discover that hope could be just a thought away! The kingdom of God is now and not yet and that reality allows us to look forward to the future and be hopeful for what is to come. Let's explore the hope of Christ together.*

1. Is there a sentimental person/place/thing that reminds you of someone you've lost?
2. What does the word hope mean to you?
3. If you think back on your life, when were you the most hopeful?
4. What circumstances do you face that cause you to feel hopeless?
5. What have you learned about Jesus that allows you to have the most hope in your future?

6. What character traits do you see in your child that make you hopeful about their future?

Ashley shared how the kingdom of God is now and not yet. We're currently in the middle of the kingdom of God, but we're also hopeful that there's still more to come.

7. What challenges do you face as a single mom that could make being hopeful seem impossible?

Ashley shared how her mother taught her to always have something to look forward to. She spoke of how this has taught her that living in anticipation of something great helps her think hopeful thoughts.

8. What is something you can plan right now that will give you something to look forward to?

**Read 1 Peter 1:13.**

**1 Peter 1:13 ESV** 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.

9. What one word sticks out to you in this verse and why?
10. What could you start doing today to prepare your mind for action?
11. What could you do as a single mom to teach your children about thinking hopeful thoughts?
12. What is one thing you are walking away with from this week?

**As you reflect on today's study, take a listen to “New Wine” by Hillsong.**

Join us for the final session of **Thoughtful**. Next week, we'll discover how all of the thoughts we've learned about lead us to gratefulness. What are you grateful for and is there more you could possibly be missing out on?

To share your thoughts regarding this study, contact us at [info@ariseministries.net](mailto:info@ariseministries.net).

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Ashley and her husband Jeff have three kids: two sons, ages 10 and 12, and one daughter, age 7. She is a full-time seminary student but in the past has worked in the museum world, in television, as a teacher, and in ministry. In her spare time (should she ever have any), she enjoys reading and writing, eating good food with friends and family, studying the Enneagram, and exploring new places.