



The Purpose of Zoe Treks is to help you to have a meaningful 15 to 30 minute personal Bible study that will accomplish: meditating on the truth of God’s Word, applying it to your life for change, and falling more in love with your Savior.

## **Zoe Trek – Hope Day One**

### **Listen Up:**

#### **Read the Word:**

Read Isaiah 40:28-31

#### **Reflect on the Word:**

1. Why is hope so important in times of discouragement?
  
2. Write out five or six descriptions of God that Isaiah gives in this passage. Why are these descriptions important to God’s people?
  
3. Write out some of the promises of hope that the Lord gives His people in this passage?

### **Line Up:**

#### **Time to get Personal:**

1. Over the next few days, memorize Isaiah 40:31. Write it on your mirror with a dry-erase marker or write in on a slip of paper and tape it on your door way.
  
2. Maybe you have heard that “God would not put on us more than we can handle.” Is this statement really Biblically correct? Why is this statement not correct according to this scripture passage?
  
3. Write out why hope is so important to you as you reflect what you have read in this passage.

#### **Time to Pray –**

Write out a short three-part prayer to God. First, thank God for who He is according to this scripture passage. Second, ask God to give you what you need according to this scripture passage. Third, tell Him why you need what you are asking for.



## Zoe Trek – Hope Day Two

### **Listen Up:**

Read the Word:

Read Romans 5:1-9

### **Reflect on the Word:**

1. Based on what you have read in this passage, write out the difference between a biblical hope and a worldly hope.
2. What is our hope based on according to this passage?
3. What do we have to look forward to?
4. Why will this hope that only God can give not disappoint us?

### **Line Up:**

#### **Time to get Personal:**

1. Over the next few days, memorize Romans 5:8. Write it on your mirror with a dry-erase marker or write in on a slip of paper and tape it on your door way.
2. List several reasons why you personally have hope because of God.
3. Write out two reasons given in this passage that should give you confidence and joy in the hope that you have for a secure future in Heaven.

#### **Time to Pray:**

Think back on some moments in your life where God proved to you that He alone gives you something to look forward to. Do you remember the moments when He brought joy to you and established a sure hope in you while you were going through a storm? Write out a short prayer to God, remembering how He sustained you, grew your faith, showed His love, and how it produced hope in you.



## Zoe Trek – Hope Day Three

### **Listen Up:**

#### **Read the Word:**

Read 1 Peter 1:3-9

#### **Reflect on the Word:**

1. Why do you think Peter describes this hope as a “living hope”?
2. According to this passage, list at least 3 things that this living hope tells us that we have to look forward to.
3. Now that we have a sure hope in Jesus, what does this passage tell us that are the many results of this confident hope?

### **Line Up:**

#### **Time to get Personal:**

1. If this living hope that gives a confident expectation for the future and is alive and active in your heart right now, describe how this should make you act and feel in the present world.
2. List your top 5 objects or activities that you have been investing much of your life in that do not give you a promise of hope or will not benefit you in your eternal future. Next, write out the changes that you need to make in your daily life that will actively show how you are truly thankful for the living hope that you have in Jesus.

#### **Time to Pray:**

Write out a short prayer remembering the moment of your salvation and how you were given a new birth into a living hope. In your prayer, list all the reasons that you have to rejoice in the hope that you have now because of Jesus.