



HOPE

Believing that something good can come out of something bad.

MEMORY VERSE

"In this world you will have trouble. But take heart! I have overcome the world." John 16:33b, NIV

WEEK 1:

Jesus Promises Heaven
John 14:1-14, 18-19, 27-29

BOTTOM LINE:

Whatever happens, remember what Jesus promised.

WEEK 2:

Easter
John 20:1-18

BOTTOM LINE:

Whatever happens, God is stronger than anything.

WEEK 3:

Road to Emmaus
Luke 24:13-35, Romans 15:4

BOTTOM LINE:

★ Whatever happens, remember God has a bigger story.

WEEK 4:

Ascension
Matthew 28:16-20; Acts 1:3, 8-11

BOTTOM LINE:

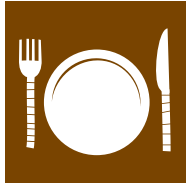
Whatever happens, remember Jesus is always with you.

WEEK 5:

Peter and John before the Sanhedrin
Acts 3:1-10, 4:1-21, 1 Peter 3:15

BOTTOM LINE:

Whatever happens, tell others what God has done.



MEAL TIME

WEEK 1:

Ask a kid: Have you ever had a time when things didn't seem to be going well, but later it all worked out?

Ask a parent: When you feel sad, what gives you hope?

WEEK 2:

Ask a kid: What do we celebrate on Easter?

Ask a parent: How does the Easter story give you hope today?

WEEK 3:

Ask each other: What is something in your life that seems hard right now?

This week take time to pray with each other, and ask God to help you have hope.

WEEK 4:

Ask a kid: Can you think of someone who went through something tough and had hope?

Ask a parent: How can having hope in tough circumstances help others know Jesus?

WEEK 5:

Ask a kid: What is the most exciting thing you've learned about Jesus?

Ask a parent: What is something God has done in your life?



PARENT TIME

Have you recently met someone who asked you about your hobbies, asked what you like to do? How did you answer that? You probably made a joke about your lack of free time, then rattled off the schedule of work and kids activities that keep us busy.

But how would you have answered that question before you became a parent? Do you remember the things you used to enjoy doing? Recognizing, and then making time to actually do, the things that bring us happiness can make us better parents. Doing the things you enjoy fills your tank, leaving more life for you to give your kids.

The more life we have, the more we'll learn to see the good in situations, and the more hope we'll develop. For a practical approach to rediscovering the things that energize you, listen to Parent Link Live podcast on www.OrangeParents.org.

And for more mealtime questions, and great activities that you and your child can do at other times of your week, check out www.Studio252.tv and the Parent Cue app for your smartphone.