

# HELLO, FRIEND!

I hope you've brought your cup! Even if it is cracked and broken, we are going to fill it to the brim as we sip from the book of 1 Peter. As you read *Can I Borrow a Cup of Hope?* you'll see how Peter's little letter offers thirst-quenching hope.

Each chapter of *Can I Borrow a Cup of Hope?* is divided into four or five lessons, each with a Scripture reading. To make it as easy as possible for you to get into God's Word, all the Scripture readings are available at [www.amylively.com/cup-of-hope](http://www.amylively.com/cup-of-hope) (scan the QR codes in your paperback book or tap the link in your e-book to quickly go to the right place). Of course, you can always use your own Bible—I think the fluttering of Bible pages sounds like angel wings!



There are questions for reflection, discussion, and study at the end of each lesson called "A Second Cup." Our online book club will focus on select questions that guide rich conversations as we read the book together. These questions are indicated in your book with **bold print** and a **black cup**.

I've noticed an amazing phenomenon in groups: if you share once, it's easier to share again. That's why each week we'll start off with a video and fun and easy questions so you can get to know one another and become comfortable sharing. Your willingness to be honest will set the stage for others. We'll wrap up each week with a live Zoom call and some special guests I know you'll want to meet in person!

As we meet in [our private Facebook group](#) to share what God has shown you through the pages of 1 Peter, don't be discouraged if you didn't read the lesson or journal deep and perfect responses. Life happens, I know. **Please, just come.** You have something valuable to pour into someone who needs to borrow a little bit of your hope, and you need what others have to pour into you. You'll be refilled, refreshed, and ready to face tomorrow's challenges, your cup overflowing and your hope fully set on Christ.

You are in my prayers as we grow and share together! Don't hesitate to reach out, I'd love to hear how God is filling you up!

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# CALENDAR

Our online book club will be active from January 1 - February 16.

We will cover 1 chapter a week, 1 lesson a day, no weekends. While I will show up every day, you should come when you can!

WEEK	DISCUSSION	DATE
1	Join the group, get your book, grab a guide, say hello	January 1 - 7
2	Chapter 1: Heaven and the Here and Now (1 Peter 1) First Zoom Call	January 8 - 14 Jan. 12, 11am EST
3	Chapter 2: Just Like Jesus (1 Peter 2) Zoom with Kelly	January 15 - 21 Jan. 19, 11am EST
4	Chapter 3: How to Handle an Unholy Mess (1 Peter 3) Zoom with Jennifer	January 22 - 28 Jan. 26, 11am EST
5	Chapter 4: Before and After (1 Peter 4) Zoom with Sarah	Jan. 29 - Feb. 4 Feb. 2, 11am EST
6	Chapter 5: How to Survive the End of the World (1 Peter 4:7-11)	February 5 - 11
7	Chapter 6: Your Story for God's Glory (1 Peter 5) Final Zoom Call	February 12 - 16 Feb. 16, 11am EST

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# CAN I BORROW A CUP OF HOPE?

**BEGIN HERE  
& CHAPTER I  
SMALL GROUP GUIDE:  
HEAVEN & THE HERE & NOW**

## **BEGIN HERE**

Can you find your way without GPS, or are you directionally challenged? Share about a time when you were lost in a strange place or when your travel arrangements didn't go as planned.

## **CHAPTER I LESSON 1**

What is the meaning of your name? What is your nickname, or what is your name in another language? How has the meaning of your name proven significant in your life?

Have you ever moved to a new community? How did you make friends? What did you do if you felt alone, isolated, or even exiled?

Think of a time when you experienced grace and peace—grace, something good you don't deserve; and peace, confidence and calmness even when everything is falling apart. How does this help you trust God's hand in your present circumstances?

*amy & lively*

## **LESSON 2**

Tell about a time when your rejoicing was interrupted by an unexpected trial, as described in 1 Peter 1:6. When have you seen Jesus working in your sadness? How do you identify with the prophets who didn't understand what was happening to them?

## **LESSON 3**

Do you agree or disagree with the statement, "You have the ability and the responsibility to control your thoughts, monitor your desires, and direct your emotions"? How does the concept of choosing our own thoughts change how we might deal with a difficult situation?

## **LESSON 4**

Look up 2 Corinthians 12:7–10 to see that we're not alone when we ask God to give us what we want. What did God give Paul instead of the relief he craved? In verse 10, what does Paul say he is content with? When was the last time these strange items made it onto any list of things you are thankful for?

## **LESSON 5**

As you read Michelle's story, you may have pictured your own "Joe" whose body faded away even as their spirit soared. Raise a toast and praise God for Joe or someone you love who exemplifies, "Soli Deo Gloria! Glory to God alone!" Who has come alongside you shouting, "O thou, remember the Lord!"? How did their encouragement change how you dealt with your challenges?



**READ 1 PETER 1 & DRAW A CLOCK BESIDE VERSES ABOUT TIME – PAST, PRESENT OR FUTURE – TO REMEMBER THAT**

**GOD'S CLOCK IS ALWAYS ON TIME**



# CAN I BORROW A CUP OF HOPE?

## CHAPTER 2 SMALL GROUP GUIDE: JUST LIKE JESUS

### LESSON 1

What is your favorite binge-worthy show? Amy has watched fifteen seasons of Heartland, 234 episodes so far!

When has Jesus destroyed something precious to you, and rebuilt it into something even more beautiful? If you're still waiting for this transformation, how do you fill your cup of hope?

### LESSON 2

Read Jeremiah 29:1–14.

- Where are the people of Judah in this passage (verse 1)?
- What are they told to do (verses 5–7)?
- What can we do while we wait for God to rescue us (verse 12)?
- Verse 11 is a perennial favorite.
- How does the context surrounding verse 11 surprise you or change your understanding?
- During our spiritual exile, what promises does God make (verses 10, 14)?
- What reassurance does that give you during your journey?

### LESSON 3

Do you agree or disagree with the statement, “We are called so that we can call others”? Consider Paul’s recounting of his own testimony in Acts 26:16–18 as you answer.

### LESSON 4

As you reflect upon your walk with Christ, can you identify seasons when he has chosen you to:

- Scatter to a dark place that needs his light?
- Serve as a priest in his presence?
- Sacrifice something of yourself?
- Speak his praise?
- Sustain through a long, difficult season?
- Smile upon someone who has hurt you?
- Share his suffering as well as his glory?

**READ | PETER 2.  
MARK ANY PASSAGE  
ABOUT BEING CHOSEN,  
CALLED, ELECT, PRECIOUS,  
ETC. WITH A DIAMOND RING  
SO YOU WON'T FORGET THAT**

**GOD CHOSE YOU**

### LESSON 5

In her suffering, Kelly learned gratitude. In his suffering, Jesus learned obedience (Hebrews 5:8). What have you learned in your suffering?



*amy & lively*

# CAN I BORROW A CUP OF HOPE?

## CHAPTER 3 SMALL GROUP GUIDE: HOW TO HANDLE AN UNHOLY MESS

### LESSON 1

Share something you're zealous about besides your faith. Name a product, service, app, show, or store that you're a true fan of, that you think everyone in the world should know about.

Envision one person you wish to influence through your conduct as you read 1 Corinthians 9:22. In what ways are they different from you? Consider their maturity, history, worldview, goals, interests, frustrations, and fears. How do these differences make this relationship difficult? Without compromising your morals or beliefs, how might you adjust your conduct to become more winsome to them?

### LESSON 3

Peter says in verse 6 that women are as esteemed as Sarah if they "do not fear anything that is frightening." Do you think Peter implies that submission can be frightening? Is submission frightening to you? What was Sarah afraid of in Genesis 18:15? Was she being asked to submit to God or to man? What is scary about submitting to someone else? To God?

Peter quotes Psalm 34:12–16 in 1 Peter 3:10–12. If your role in life has left you feeling fearful, ashamed, ignored, or overwhelmed, meditate on Psalm 34. What promises are found in each of the following verses: Psalm 34:4, 6, 7, 9, 15, 17, 18, 19, 22?

### LESSON 2

What injustice do you see in the world that makes your heart grieve? How might God use you in this situation to reveal his glory?

How does your faith impact how you handle difficult situations? Give an example of a time when your conduct was different from others because of your beliefs.

### LESSON 4

In your own words, define gentleness as it applies in 1 Peter 3:15. Define respect. Give yourself a grade on gentleness and respect in the last interaction you had when you were asked to defend your hope. If you haven't discussed your faith with anyone recently, why do you think that might be?

### LESSON 5

What relationship do you feel is under scrutiny as bystanders watch to see how you'll react? Who's watching your conduct in your community? At work? At home? At church?

READ 1 PETER 3. DRAW A MAGNIFYING GLASS BY REFERENCES TO CONDUCT, BEHAVIOR, ACTIONS, OR OTHER PEOPLE WHO ARE WATCHING & REMEMBER, **HONORABLE CONDUCT HONORS GOD**

*amy lively*

# CAN I BORROW A CUP OF HOPE?

## CHAPTER 4 SMALL GROUP GUIDE: BEFORE & AFTER

### LESSON 1

What's your favorite decorating show, magazine, or website? How would you describe your style? On a scale of 1–5, how much do you enjoy home improvement projects?

Read the following before-and-after passages and discuss the differences between our old selves and new selves:  
Colossians 3:5–17 & Ephesians 4:17–5:14

### LESSON 2

Think of a time when God asked you to do something you would've rather avoided. How did you bring yourself to obedience, or did you "heaven forbid" him?

How has the Lord surprised you with something bigger, better, and more wonderful than you ever imagined, as in Ephesians 3:14–21?

### LESSON 3

When have you experienced this statement: "Sometimes suffering is because you're up to something good!"? Think of a time you had a mountaintop spiritual high immediately followed by a valley low. Why do you think Satan wanted to sift you? Were you on the verge of taking a big step of faith? How did God prepare and protect you? Read Job 1 for a similar story.

Which do you think was more painful for Jesus—the betrayal of Judas or the denial of Peter? When have you been hurt deeply by someone close to you? In your life before Christ, how would you have been tempted to respond? What is the contrast in your response after following Christ?


### LESSON 4

If you could see Jesus looking at you during your sin, what expression do you imagine you'd see on his face? Compare this to how Jesus looked at Peter when they met and at his betrayal. How could a look from Jesus lead us to repentance?

What is Jesus doing now according to Romans 8:34, Hebrews 7:25, & Hebrews 9:24. What would you ask Jesus to pray for you today? How do his prayers help you set your hope fully on him?

### LESSON 5

When have you been maligned (spoken poorly of) because of the choices you've made as a Christian? What sustains you through these times?



**READ 1 PETER 4.  
MARK PASSAGES  
ABOUT YOUR OLD SELF &  
NEW SELF WITH A DIVIDED  
CIRCLE TO REMEMBER YOUR  
CONTRAST IN CHRIST**

# CAN I BORROW A CUP OF HOPE?

## CHAPTER 5 SMALL GROUP GUIDE: HOW TO SURVIVE THE END OF THE WORLD

### LESSON 1

Where were you on December 31, 1999? What do you remember about Y2K? If that's before your time, share about a situation when you tried to be prepared but something entirely unexpected happened.

Study Jesus's prayer habits in these verses. When, where, and how did Jesus pray?  
Matthew 14:23 & Mark 1:35 & Luke 5:16  
When, where, and how do you pray?

### LESSON 2

Draw a picture or diagram of the progression from suffering to our experience of God's love as explained in Romans 5:3–5. How have you experienced God's love and the Holy Spirit's presence during a hard situation?

### LESSON 5

How did Jesus describe the outcome of Peter's death in John 21:19? Read Hebrews 12:2. How did watching Jesus die affect Peter's attitude toward his own death? What do you think was on Peter's mind as someone dressed him and led him where he did not want to go—and his wife, too? How should their experiences and testimony impact our attitude toward suffering, even death?

### LESSON 3

Read Acts 17:26–27 to understand God's purpose in placing you in your neighborhood. What's happening in your neighborhood at this particular time that God might be asking you to get involved with? If your neighbors are seeking God and perhaps reaching for him, and he is "not far" from them, what are the chances they will find him hanging out over at your house? How can you let Jesus out into the neighborhood?

Which excuse do you relate to most?

- Physically tired
- Emotionally spent
- Financially strapped
- Domestically unprepared
- Overwhelmingly busy

What is one small, practical step you can take to share cheerfully with a neighbor in spite of your very real and challenging circumstances?

### LESSON 4

Paul said in 1 Corinthians 9:16, "Woe to me if I do not preach the gospel!" Teaching and evangelism were two of Paul's many gifts, and he felt the weight of them. What is your "Woe is me if I do not \_\_\_\_\_!"? Your favorite hobbies and the causes you support can be indicators of a gift. God also reveals our gifts through problems, compliments, career, and requests from others. What passion do you carry like a weighty gift that you feel compelled to open and use?



READ 1 PETER 4 IN YOUR BIBLE  
AND PUT A CHECK MARK BESIDE  
ANY REACTION YOU CAN

**CONTROL IN CRISIS**

# CAN I BORROW A CUP OF HOPE?

## CHAPTER 6 SMALL GROUP GUIDE: YOUR STORY FOR GOD'S GLORY

### LESSON 1

On a scale of 1–5, rate your eagerness to share your story:

1. Where's the door? I'm outta here!
2. What story? I'm too ordinary.
3. I'll pray about it for a few years.
4. I'll share with a close friend.
5. Gimme the microphone!

### LESSON 2

Identify a time in your life when you know the Lord was working in your heart in a problem or dilemma, a change, a time of suffering, or a conflict. It may be a whole season, or only one scene. What did God teach you through your own story? How has that lesson lingered or been reapplied to other scenarios? Which Scriptures were most meaningful to you?

### LESSON 3

Have you felt closer to God in your seasons of distress or in times of blessing? How have you experienced the Spirit of glory resting on you during suffering (1 Peter 4:14)? Do you ever miss those intimate days with him?

Who has shared their story with you at the perfect moment, with the perfect message? What were you going through at the time? How did their sympathy and compassion bless you? What would it feel like to know that your story could impact another person who is hurting?

### LESSON 4

Complete the symbols & share what you learned in each chapter:

Ch.	Theme	Symbol	Meaning
1	CLOCK	○	
2	CHOSEN	○	
3	CONDUCT	○	
4	CONTRAST	○	
5	CONTROL	○	
6	COMPEL	○	

**CREATE YOUR  
STORY ONLINE**

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