



*HAVE YOURSELF  
A MENTALLY HEALTHY  
CHRISTMAS*

**THE CHAPEL**  
**DECEMBER 7, 2025**

**HOPE**  
Paul Klouse

**OPENER:** What's one small thing during the Christmas season that instantly lifts your mood or gives you a little spark of hope?

**1.** How would you describe the difference between everyday “I hope so” kind of hope and the solid, Scripture-based hope we heard about in this week’s message?

**2.** Pastor Paul highlighted three areas where we often need hope: **broken relationships, captivity, or unmet expectations**. Which of these do you most resonate with? How does it affect you during the holidays?

**3.** Jesus enters our darkness rather than waiting for us to get out of it.  
Where in your life do you need to experience Jesus as “the light that shines in the darkness”?

**4.** Simeon trusted God even when nothing looked or felt like he expected.  
Share a time when God showed up in your life differently than you expected—yet still brought hope.  
What did that experience teach you?

**5.** What is one practical step you can take this week to practice biblical hope—whether in a relationship, an area of captivity, or an unmet expectation? How can our group support you in that step?