

# Habits of Hope: Holistic Hope

*Darcy Siggelkow*

**Questions:** What is your best “ran out of gas” experience? What was the consequence?

## **Running on empty is a really bad life strategy**

Ray Johnson

- Hope is founded on who God is

**Read** Romans 15:13

- Hope is formed in us when we practice habits of hope

Hope is something that you intentionally build into your life. It is a skill that can be learned and a spiritual habit that must be nurtured.

## **Hope is nurtured when we care for our bodies.**

**Question:** What is your reaction to this idea that “hope” is connected to the care of your body?

## **In the Bible, it’s not just that you have a body, you are a body.**

Sam Allberry in

“What God Has to Say About Our Bodies”

**Read** Genesis 2:7; 1 Thessalonians 5:23

**Question:** How does this idea come across in today’s culture that the body is just a container for the “real you”?

**Read** 1 Peter 1:8–9

NLT Study Bible: soul = the whole person

\*Our body, mind and spirit are much more interconnected than most of us realize.

**Read** 1 Kings 19:4-8 - Sometimes the most spiritual thing you can do is take a nap!

**Question:** How would you rate yourself in your stewardship of your physical life?

## **Spiritual questions to ask:**

- **Am I getting enough sleep?**

**Read** Psalm 127:2 “...he grants sleep to those he loves.”

- **Am I eating healthy?**

Nanaimo Foodshare: the Good Food Box,  
nanaimogoodfoodbox.com, 250-713-7311

- **Am I exercising regularly?**

**Questions:** Which one of these areas needs the most attention for you? What step will you take in that area?

**Read** 3 John 2

**Self-care is never selfish— it is simply good  
stewardship of the gift I was put on earth to offer to  
others.**  
**Parker Palmer**

