

# RESOURCEGUIDE

50 Days of  
**UNLEASHING HOPE**

50 Days of  
**UNLEASHING HOPE**

[UnleashingHope.com](http://UnleashingHope.com)





## WELCOME UNLEASHING HOPE

Get ready, you're about to launch out on a journey of transformation and growth. The key to maximizing your potential of unleashing hope is equal to the time and effort you put into the process.

In this box, you'll discover a number of resources, including: small group studies, memory verses and download cards for links to daily videos and inspiring messages. Imagine the impact on your life and the life of your church as you give the next 50 days to maximizing hope in every area of your life.

THE KEYS TO SUCCESS	3
QUICK START GUIDE	4
HOW TO MAXIMIZE THE HQ ASSESSMENT	5-6
HQ FOR SMALL GROUPS	7
25 DAYS - RANDOM ACTS OF KINDNESS	8
HQ FOR COUPLES	9-10
HQ FOR TEENS	11
HQ FOR KIDS	12

## The Keys to Success

- ▶ The pastor must own and communicate the vision for this campaign.
- ▶ What do you want to see accomplished over the next 7 weeks?
- ▶ Who are some specific people in your congregation that you want to see grow in their hope level?
- ▶ How will you use this series to encourage your congregation, community and your own ministry?
- ▶ How will you use this to help your church grow?
- ▶ How many people do you hope to engage?
- ▶ With one kit per person or one kit per couple, how many kits would equip your congregation?
- ▶ These questions must be answered before launching the project in your church.

## STEP 1

### Get Oriented

Start by looking and reading through the different elements of this kit.

1. Resource Guide
2. 50 Daily Devotionals
3. 7 Memory Verses
4. 7 Devotional Downloads
5. Special Series Downloads
6. Apologetics Conference 2013 Download
7. Hope Rising Book
8. The Hope Quotient Book

## STEP 2

### Build a Team

All successful campaigns have a strong team behind it. We have learned that people support what they help create. Some key roles for your team should be:

1. **Campaign Director** - This should be someone other than the senior pastor. This person is responsible for calling and leading meetings and recruiting team members.
2. **Communication Director** - Responsible for getting the word out.
3. **Small Groups Coordinator** - This typically would be your church's' SG Director.
4. **Weekends Service Coordinator** - Program Director or Worship Director
5. **Prayer Director** - Anyone who has the gift for prayer.

## STEP 3

### Schedule the First Team Meeting

1. Pastor **share** your vision
2. **Define** expectations - what does each team member do? (See "Build a Team")
3. **Put together** a plan to sell and distribute kits
4. **Build** a timeline
5. **Decide** when this team will meet  
\*A word of advice: discuss how this campaign will be adjusted to fit the culture of your church

## STEP 4

### Plan Your Resources

Set up a weekend where you will sell/distribute kits to your congregation, this is done a couple weeks in advance to launching the series. Have a booth that will be available throughout the first few weeks of series. Many churches, including Bayside will take a second offering to help cover cost of the campaign and to also cover cost of kits for those who aren't able to afford one.

We feel that everyone should be given the opportunity to contribute to the cost of the kit even if it's a dollar or two, this helps make it more valuable and builds ownership.

## STEP 5

1. **Pray**
2. **Plan for the campaign** - Build team, set first meeting
3. **Promote series** - mailers, postcards, video inside and outside church, YIC, web banners, bulletin inserts all available at [unleashinghope.com/pastors](http://unleashinghope.com/pastors)
4. **Sell the kits** - Set up a table for services, figure out methods of payment. Encourage everyone to have their own kit, although couples may share. Some will have small groups leaders. Some will launch with 25% new small groups for this series.
5. **Coordinate** the announcement of the series into the Easter or whatever weekend you happen to be launching
6. **Launch**

# HOW TO MAXIMIZE THE HQ ASSESSMENT

## I. THE HQ ASSESSMENT IS POWERFUL.

The HQ (Hope Quotient) assessment is a powerful tool to measure and then dramatically increase your level of hope and your success in life. Developed in conjunction with Dr. William Brown, Chairman of the Department of Strategic Communication & Journalism at Regent University, it was tested, refined and validated with over 1,100 test subjects across the United States. In other words, the three codes that you have (two in the kit and one in the book) are powerful tools to unleash hope—not only in yourself, but with your spouse, children, family members, friends and coworkers.

This guide is designed to not only help you maximize the HQ assessment, it will also help you develop a solid game plan for building the Seven Factors of Hope into your life.

## II. KEEP THINGS IN PERSPECTIVE: THE HQ ASSESSMENT IS A ROADMAP — NOT A SENTENCE

- ▶ Unlike IQ and EQ, which are largely inherited, your degree of hope, your “Hope Quotient” or HQ, can be developed to any level.
- ▶ Treat the HQ assessment as the starting destination on your journey to a higher HQ. It’s important to know where you are, but not nearly as important as knowing where you want to go.

## III. TAKE THE HQ ASSESSMENT WHEN YOU CAN BE FOCUSED ON IT.

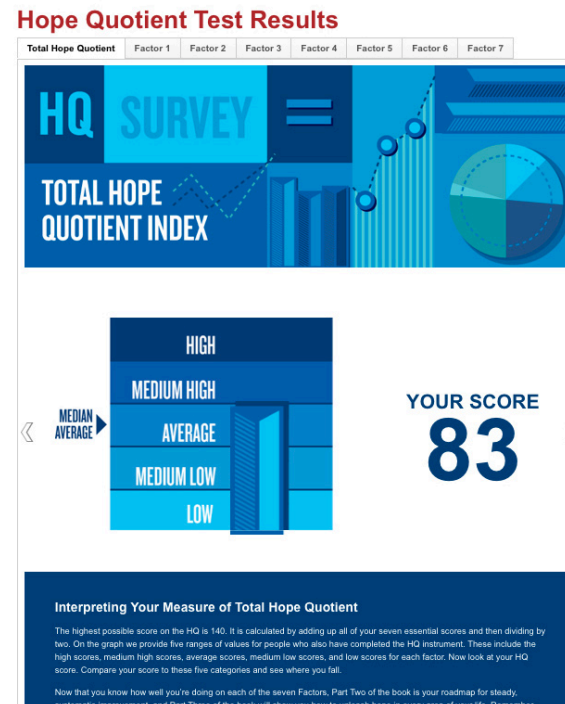
Remember, the code allows one person to take the HQ assessment one time, so be sure to take the HQ assessment when you have the time and concentration necessary to complete it in one sitting. The HQ assessment itself takes less than ten minutes on average.

### Here’s how to get started:

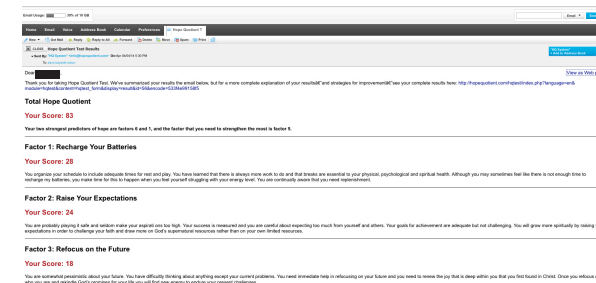
- ▶ Find your unique access codes in this kit and on the back (nonprinted) side of *The Hope Quotient* dust jacket. The one that comes with the book will be covered with foil that you will have to scratch off, revealing the code.
- ▶ Go to HopeQuotient.com and enter your code in the box in the upper right-hand corner.
- ▶ Complete the registration process.
- ▶ Take the HQ assessment.

## IV. UNDERSTAND YOUR RESULTS

When you take the test, you will see your results immediately in your browser. They will look something like this:

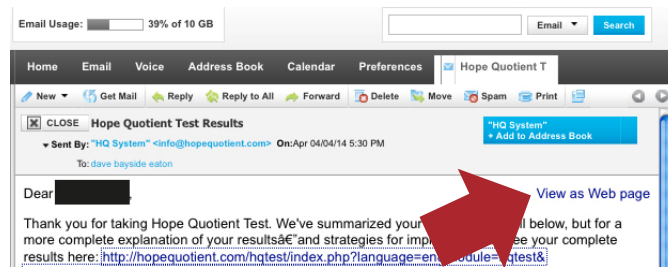


At the same time, your results will be emailed to you. They will give you a summary of your results that will look like this:



# HOW TO MAXIMIZE THE HQ ASSESSMENT

Be sure to keep your email with the results. In the upper right corner of the email is a “View as Web Page” link that will let you quickly get to the full description of your results, which include:



- ▶ Eight tabs at the very top.

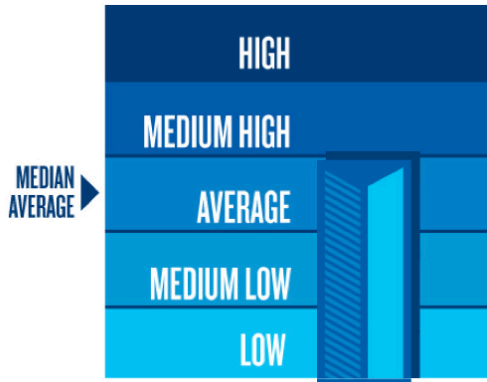
## Hope Quotient Test Results



- ◆ Your overall score (Total Hope Quotient)
- ◆ One tab for each of the Seven Factors
- ▶ A numeric score—overall, and for each factor.

YOUR SCORE  
**83**

- ▶ A graphical representation of that score—over all and for each factor. This allows you to see where your score is relative to others.



- ▶ A written description of your results—including a plan of action—overall and for each factor.

### Interpreting Your Measure of Total Hope Quotient

The highest possible score on the HQ is 140. It is calculated by adding up all of your seven essential scores and then dividing by two. On the graph we provide five ranges of values for people who also have completed the HQ instrument. These include the high scores, medium high scores, average scores, medium low scores, and low scores for each factor. Now look at your HQ score. Compare your score to these five categories and see where you fall.

## V. NOW, CREATE YOUR ACTION PLAN

- ▶ Quickly read through your results.
- ▶ Now read carefully the summary of your results in the first tab (“Total Hope Quotient”). Notice at the very bottom of the page that it lists your two strongest factors, and the one you need to strengthen the most.
- ▶ Jump into the factor with the lowest score. Read the personalized description and advice and pray about what you can do to take action this week.
- ▶ Now, read the chapter in *The Hope Quotient* devoted to this factor. You will not only see a description of the factor, but actionable advice to make real progress. Now pray about what you can do this week to make progress in this area, and go do it! At the end of the week, evaluate your progress and make a plan for the next week.
- ▶ After you’ve started working on your weakest factor, begin systematically working on the other factors, one per week.

Use the same process you did last week:

- ◆ Carefully read your HQ assessment results for the factor—especially the customized advice.
- ◆ Carefully read the chapter in *The Hope Quotient* devoted to the factor.
- ◆ Prayerfully create an action plan based on the HQ assessment and the chapter.
- ◆ Start walking out that action plan.
- ◆ Evaluate your progress at the end of the week.

## VI. FOR MAXIMUM SUCCESS

- ▶ Take the HQ assessment with someone if you can. After all, you do have three codes! Not only will the accountability help you, it will also allow you to relate to each other with greater insight and success.
- ▶ Don’t forget Part Three of *The Hope Quotient*. This section is designed to help you unleash hope in your marriage, your kids, your career, your church, your community and in the world. It is chock-full of secrets, strategies and stories that will make a dramatic difference in your success and satisfaction in life.
- ▶ You have a kit full of materials at your disposal. Be strategic with it. Listen to the audios on your commute. Start the day with the video devotionals. Make every day count!
- ▶ If you have any questions, we’re here for you at [Support@UnleashingHope.com](mailto:Support@UnleashingHope.com)

**“Why are some people more effective than other people? Why do some enjoy life while others endure life? Why do some soar while others sink? ...In short, why are some people just personally, emotionally, and relationally in better shape? Let me give you the whole book in one sentence: Thriving people thrive for one reason—they commit to things that produce inner strength and hope.”**

—*The Hope Quotient*, by Ray Johnston

Congratulations, you and your small group friends are about to embark on a journey together that will help increase your degree of hope. Over the next seven weeks, the study's discussions will identify seven essential factors that will help raise your “Hope Quotient.” Using all seven is hazardous to discouragement and hopelessness. Side effects include elevated hope and, in most cases, dream achievement.

### **Why Participate in a Group? Why Do Groups Matter?**

Groups are essential to the health and mission of a church. They are likely the starting point for community, discipleship and service in your church. In fact, recent research shows that people involved in groups are healthier spiritually than those who aren't\*. People in groups read the Bible more, pray more, give more and serve more. Simply stated: your group matters.

\*LifeWay Research 2013

## **Week 1: Isaiah 40:31**

**Hope Quotient Assessment: Chapter 4**  
**Recharge Your Batteries: Chapter 5**

### **How to Have the Best “Unleashing Hope” Small Group Experience:**

- 1.** The best small group leaders love people and love Jesus. If one can facilitate a conversation where everyone has an equal time to talk by the end of the discussion, that person would be a great small group leader. If this applies to you, please take the next step and sign up to lead. It's a chance to multiply, expand the Kingdom and make new lasting friendships, whatever one calls it— more people in heaven!
- 2.** The best small groups are full of people who are real about themselves, led by a leader who knows the value of not pretending to know everything, admitting past mistakes, loving to laugh, and prepared to be everyone's cheerleader as the group journeys together through the study.
- 3.** The best small groups know that lots of people don't join a small group because they think they have to know the Bible cover-to-cover first. Or, they are afraid of being called on to pray out loud. The best small groups would never create an atmosphere of judgment based on Bible knowledge or prayer skills. The group is open with a welcome atmosphere-- they will read the Bible and pray together.
- 4.** The best small groups love to laugh and plan on doing something fun together during each quarter. Yes, fun for the sake of having fun. Whether it is a pool party, a pot-luck or bowling, the best small groups enjoy each other's company.
- 5.** The best small groups foster a sense of compassion by participating together in a service project. Turning from inwardly-focused to outwardly-focused is a sign of spiritual growth. Plus, there is a huge bonus for getting to know each other by working alongside one another. Every church has “needs” and partners with non-profits in the community, too.
- 6.** The best small groups know that there are others wanting to join in on the conversation. The “Unleashing Hope” discussion is going to foster the thought of “Who else should be in this discussion?” These small groups know that at the end of the series, some members will leave to go on to lead their own small group, inviting their neighbors and friends to join them.

**Visit [UnleashingHope.com](http://UnleashingHope.com) each week for a new lesson**

# 25 Days Random Acts of Kindness

As you take the next 50 days to refuel the hope in your own life, unleash hope to others in your family and community as well. Here are just 25 ideas to get you started.

Choose 10 friends, contact them and ask how you can pray for them.

1

Buy a thank you card for someone who has encouraged you spiritually and give it to them.

2

Pay for the customer behind you at a drive thru or toll.

3

Use social media to encourage someone by leaving a comment or retweeting your favorite post.

4

Make a list of 3 people you admire, write their qualities out, call them and share those qualities with them.

5

Take a risk and take a plate of cookies to a neighbor you've never met. Ask them if you could pray for them.

6

Do a chore at home that someone else usually does.

7

At a restaurant, leave a generous tip, 30% or more, and write an encouraging note to the server and have the entire table sign it.

8

Get 10 note cards, write out your most encouraging verse and give those out throughout your day.

9

Send a note of encouragement to your child's teacher or a coworker.

10

Leave a note in your mailbox with a gift for your letter carrier.

11

Let the person with their blinker on go in front of you.

12

If a parking space opens up, give the parking spot you want to someone else.

13

Write a note to the supervisor of someone who has helped you, praising the employee.

14

Prepare a meal for a homeless person.

15

Write a thank you letter to your parents or guardian.

16

Run an errand for someone to help them out.

17

Introduce yourself to someone you always see around.

18

Hold the door open for someone.

19

Visit a nursing home. Spend time visiting with someone who doesn't get visitors.

20

Take flowers to a hospital ward and give them to someone who hasn't had any visitors.

21

Invite someone over for dinner.

22

Buy a dozen donuts or bagels for a sports team at a local school, firehouse or police station.

23

Help people load their groceries into their cars.

24

Give clothes to a shelter or thrift store.

25

*"And now these three remain: faith, hope and love..."*

- 1 Corinthians 13:13



## Getting the Most Out of HQ for Couples

No one can have the marriage of their dreams—or be the person their spouse needs—without the encouragement that comes from hope. Hope is so powerful that even a 10% increase in hope can completely transform any relationship.

This seven week study is designed to help you measure, and then dramatically increase the level of hope in your relationship. It is designed to be used either as a couple or in a small group experience with other couples.

### Each week you will find:

1. A complete lesson plan to guide your time together.
2. Activities to help you measure and increase your HQ.
3. Questions to start a dialogue.
4. Follow up assignments and activities to stay on the growing edge all through the week.

If you view these next seven weeks as a divine appointment and invitation to take your relationship to a much higher and more-satisfying level, you will be amazed at the results!

## I. Week One: The Seven Factors of Hope

### Outline

1. Opening Prayer
2. Opening Question
3. Read 1 Corinthians 13:13
4. Opening Activity
5. Wisdom from *The Hope Quotient*: The Seven Factors of Hope
6. Going Deeper
7. Prayer & Application: Standing on 1 John 5:14 & 15
8. Overtime Options—  
Raising Your Hope Quotient through the Week

### Lesson Plan

1. **Opening Prayer**
2. **Opening Question:** Why do you think hope is important in a relationship?
3. **Read Scripture:** “And now these three remain: faith, hope and love. But the greatest of these is love” (1 Corinthians 13:13). We hear people talk, sing and preach about love and faith all the time, but for the next seven weeks, we’re going to focus on hope.
4. **Opening Activity:**
  - ▶ If you haven’t already taken the HQ Test...
    - ◆ Get your unique code from either the Unleashing Hope Kit (there are two codes included) or your *Hope Quotient* book (there is one on the unprinted side of the cover).
    - ◆ Go to [HopeQuotient.com](http://HopeQuotient.com) and enter your code in the box in the upper-right corner. This will take you to the test. Remember, the code allows one person to take the test one time, so be sure to take the test when you have the time and concentration necessary to take it from start to finish. The test itself takes less than ten minutes on average. You can take it from your tablet or smartphone.
    - ◆ Once you get your results, stay on that page.

- ▶ If you've already taken the test, either:
  - ◆ Open the email with your results, or
  - ◆ Go to [HopeQuotient.com](http://HopeQuotient.com) and enter your unique code in the upper-right corner. You will be taken directly to your results.
- ▶ Now, take a moment to review your results, then go back to the first tab—your “Total Hope Quotient Index.” It gives you a sense of your overall hope level. At the very bottom of this it lists your two strongest factors, and the one factor that you to strengthen the most.
- ▶ Remember, unlike IQ and EQ, which are largely inherited, your degree of hope, your “Hope Quotient” or HQ, can be developed to any level.

## 5. Wisdom from *The Hope Quotient*: The Seven Hope Factors (page 37)

- ▶ Factor 1. Recharge your batteries. Nobody does well running on empty.
- ▶ Factor 2. Raise your expectations. You don't get what you deserve; you get what you expect.
- ▶ Factor 3. Refocus on the future. It's time to throw away your rearview mirror. No one goes forward well when they are looking back.
- ▶ Factor 4. Play to your strengths. Be yourself; everyone else is taken.
- ▶ Factor 5. Refuse to go it alone. Never underestimate the power of support. Even the Lone Ranger had Tonto.
- ▶ Factor 6. Replace burnout with balance. Burning the candle at both ends isn't as bright as you think.
- ▶ Factor 7. Play great defense. Avoid these five toxic hope killers that can threaten your future.

## 6. Going Deeper: Either based on the results of your HQ test or the description of the seven factors above, share:

- ▶ Which factor is the strongest and easiest for you—and why you think that's the case?
- ▶ Which factor is the weakest and toughest for you—and why you think that's the case?
- ▶ Which factor you would like to be the strongest in—and why?

## 7. Prayer & Application

- ▶ It's no accident that you're a part of this study—this is a divine appointment for you. Here's how Pastor Ray describes it in the *The Hope Quotient*, “Hope can seem like cotton candy, which tastes good at first, but there's nothing to it. Real hope is a deep and powerful force when it is anchored in the seven factors that sustain hope. The last thing anybody needs is a shot of hope, a temporary high followed by a crash. This book, and the online test you can take with it, will help you build the seven factors of your life that will help you not just get encouraged but stay encouraged. This is the battle you want to win and the one battle you cannot afford to lose.” (Page 7).
- ▶ Let's pray: Father, we thank you that your Word declares in 1 John 5:14 & 15: “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.” So we ask you to infuse hope into our lives, into our marriages and into our families over these next weeks. We ask You to give us insight into hope—to encourage and build hope into our spouses and children—and we thank You in advance for the results. In the name of Jesus, Amen.

## 8. Overtime Options:

- ▶ Go through the results of your HQ Tests as couples. Ask:
  - ◆ What's the one factor that you feel is the most critical to you right now?
  - ◆ What can I do this week to support you as you seek to build that factor into your life?
  - ◆ The focus of this exercise is how you can support your spouse—no criticism or faultfinding allowed!
- ▶ Read *The Hope Quotient*, pages xv-34.

**Visit [UnleashingHope.com](http://UnleashingHope.com) each week for a new lesson**

## Parents:

Today, more than ever, our students need hope. They face pressures from friends to fit in, teachers to achieve, athletics to perform and family to support the home. All of this pressure is leading our students to try to escape from their reality; they are struck with an overwhelming feeling that the pressure will not end or change. Many students are turning to illicit parties and activities to deaden their feelings. Unfortunately, many are turning to the ultimate escape, suicide, which is now the 11th leading cause of death among teenagers<sup>1</sup>.

## Coaching Tips:

**DO** Create Conversation- If you want your student to get something out of this, then we recommend that you try to bring it up organically. In other words, in the midst of life.

**DON'T** Make It a Program- Don't try to have a sit down conversation about each topic, but rather bring it up organically. They want to know you are having this conversation because you care, not because it has been programmed for you to do.

**DO** Create Space - Create some time where you can talk about life in a positive atmosphere. Grab coffee, go shopping or get yogurt. Create an environment that promotes conversation.

**DON'T** Multi-task - Don't try to pay your bills and have a life conversation at the same time. They may get the idea you don't really care about what they have to say.

**DO** Create Time - When is the last time that you took time to "catch up on life?" This means trying to find out what they like or who they like. Do you know what they enjoy doing or what they want to do with their future? Schedule a time to meet with them so life doesn't overtake good intentions.

**DON'T** Make It a Task - A dish of hope probably won't be served well after listing off all the things that they need to do or are behind on. Hope isn't a task; it's a perspective.

**DO** Listen - Give them space to talk. Silence can be okay.

**DON'T** Be the Doctor - Don't feel like you need to have an answer for everything or that you need to fix all of their problems. Many times students just want to know that you care.

<sup>1</sup> <http://www.familyfirstaid.org/suicide.html>

## Week 1: Recharge Your Batteries

- ▶ On a scale of 1 to 10, how stressed are you?
- ▶ In one word, what's the main thing you have been thinking about lately?
- ▶ What is one thing I could do to help alleviate some of your stress?
- ▶ Are you surrounding yourself with people that drain you or build you up?

## Week 2: Raise Your Expectation

- ▶ If you could become anything that you wanted, what would it be?
- ▶ What's stopping you?
- ▶ Take a moment and speak about what you think your teens have the potential to become. Help them dream.

## Week 3: Refocus on The Future

- ▶ What is one thing you feel like is keeping you from becoming what you want to be?
- ▶ Was there a particular moment that made you feel this way?
- ▶ Why does that moment have to define your future?
- ▶ God doesn't hold grudges; He forgives. Have you asked for forgiveness?
- ▶ Have you forgiven yourself?

## Week 4: Play to Your Strengths

- ▶ What do you think others feel that you are good at doing?
- ▶ What do you think you are great at doing?
- ▶ What is one thing that you feel you do better than most people?
- ▶ If you stopped using your gift, would people notice?
- ▶ God has given you gifts. How can you use them for His purpose?

## Week 5: Refuse to Go It Alone

- ▶ What do you like most about your closest friends?
- ▶ Who are the people in life that make you feel better about yourself?
- ▶ Are your friends taking you to a better place in life or are they just helping you survive?
- ▶ What are you doing to build back into your friendships?
- ▶ "SHOW ME YOUR FRIENDS AND I'LL SHOW YOU YOUR FUTURE." Take time to share why you feel like this statement is true in your own life.

## Week 6: Replace Burnout with Balance

- ▶ Do you ever have time where you aren't doing anything? A time where you unplug from everyone?
- ▶ Explain what it would feel like to take time away from everything digital?
- ▶ What would be the benefit of unplugging?
- ▶ Do you think you could hear God more clearly if you allowed more time for silence?
- ▶ Take a challenge to put the digital world aside for a period of time each week or each day and just "be still."

## Week 7: Play Great Defense

- ▶ If you had the biggest, strongest, smartest person in your corner for every situation in life, do you think you could live life with more confidence?
- ▶ If you had a great defense, do you think you could be more on the offense?
- ▶ On a scale of 1 to 10, how serious are you about your faith?
- ▶ Do you think having a stronger faith would help you in life?
- ▶ What are your obstacles to getting deeper in your relationship with Christ?

Visit [UnleashingHope.com](http://UnleashingHope.com) each week for a new lesson

## Unleashing Hope

Kids hear the word hope just about everyday...

"I hope you win the race."

"Hope you feel better."

"Hope you get good grades on your report card."

Hope is an expression, something we use and don't often think about. This may seem like an abstract idea to teach to our children, but kids have an innate ability to understand hope. Kids easily believe in the seemingly impossible. They are quick to root for the underdog. If we take the time to look, listen and observe our kids, it's likely that they will teach us some profound principles of hope.

- ▶ Kids are quick to forgive and forget.
- ▶ Kids are typically optimistic.
- ▶ Kids assume the best about others.
- ▶ Kids love to laugh and have fun.
- ▶ Kids are creative and have healthy imaginations.

In our children's ministry, hope is defined as "believing something good can come out of something bad." It is not just a word, or a thought, but an attitude. It is helping our kids see that the glass is half full and creating a sense of optimism that can carry on throughout one's life.

### Take some time and learn what it means to have hope as a family over these next seven weeks:

- ▶ Build a puzzle together and talk about how we can have hope, even when we don't see where a piece might fit.
- ▶ Make fresh squeezed lemonade – turning something sour into something sweet.
- ▶ Enjoy the hope that spring brings each year. Take a bike ride and point out all of the new growth and blossoms.

- ▶ Look for opportunities to help your community (e.g. help clean up your local park or school, sign up for a family fun run, collect canned goods throughout the year and donate them to the food bank or clean out clothes/toy closet twice a year and donate items that are still usable).
- ▶ Draw a picture or prepare a meal for someone who is sick. Then, deliver them.
- ▶ Create a family prayer journal to list prayer requests. Pray together. Review it weekly for updates and answered prayers.
- ▶ Take turns praying for each other for an entire week.
- ▶ Challenge your child daily to be an encourager to someone who they think needs some encouraging.
- ▶ Find ways to offer or identify hope and encouragement while listening to your child review his/her day at school.
- ▶ Share one of your favorite promises of God and a time when you held tightly to it.

We are all part of God's bigger story and each of us play a part in administering the hope of God to each other in various ways. God uses children to share hope through small encounters that can have a big impact on the lives they touch. Their innocent prayers of faith often remind parents of the power and presence of God in their lives when their own faith is waning. The one thing we know for certain is that God's children, both young and old, can trust Him no matter what. Whatever happens, we need to remind our children that Jesus is always with us, He always keeps His promises and, when our hope is in Him, we will never be disappointed.

**Visit [UnleashingHope.com](http://UnleashingHope.com) each week for a new lesson**