

Conversation Café

Hopes and Fears

"I live somewhere between hope and fear. Hope that this time things will be different... and fear that it'll turn out like it has before." Amanda Mao



Discussion Questions:

1. What are some of your greatest fears? Are there some things you fear once in a while? Are there some things that you fear often or all the time?
2. Do you remember a time that you would call a "fearful" time of your life? What was the threat? How did you get through that time? Was your fear "realized" or did the cause of fear go away or not happen? How likely is it that most fears will actually happen?
3. What do you do when you are afraid?
4. Sometimes people are afraid of specific things. Do you know anyone with the following fears: fear of spiders, fear of water, fear of strangers, fear of heights, fear of fainting, fear of public speaking? Can you name other common fears? What are the reasons that people are afraid of these things?
5. Can fear ever be positive or helpful? Explain.
6. There are many important events in life that people have customs about. They think that if these customs are not followed something bad will happen. Do people in your country have customs that must be followed about birth, death, marriage, business deals, a new house? If so, what do they fear will happen if these customs are not followed?
7. Many people are afraid of death. Is this a legitimate fear? What would you suggest to help someone who is afraid of death?
8. If you hope that a certain thing will happen in the future, do you also have fears that it won't happen? Give specific examples from your own life. What are some of your hopes about the future for yourself, or others close to you, or for the world?
9. How do your hopes and fears affect your goals and daily activities? Do you feel hope and fear every day? Give examples. How do your hopes and fears affect your mood on a regular basis? Which has more influence on you, hopes or fears?

Jesus speaks to his friends and followers about fear and hope:

“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” *Gospel of Matthew 6:34*

- Why is this advice helpful?

“Don’t be afraid; believe in God, believe also in me. I give you peace, the kind of peace that only I can give. It isn’t like the peace that this world can give. So don’t be worried or afraid.”
Gospel of John 14:1, 27

- Do Jesus’ words give you hope? Why or why not? Do you have this peace?


Idioms about hopes and fears:

LOOK ON THE BRIGHT SIDE
IDIOMLAND.COM
Meaning
**TO FIND SOMETHING GOOD
IN A BAD SITUATION**

I KNOW YOUR BOYFRIEND ENDED
YOUR RELATIONSHIP, BUT **LOOK ON
THE BRIGHT SIDE**. YOU’LL FIND A
NEW BOYFRIEND SOON!

**IDIOM: “My friend is afraid of his
own shadow!”**

- When a person is afraid of his / her own shadow, it means that person is often nervous and easily scared.



No reason to be afraid, ... right?

shadow

Do you know anyone who is afraid of his own shadow?

BUNDLE OF NERVES

If you describe somebody as a bundle of nerves, you mean that they are very nervous, tense or worried.



**HAVE YOUR HEART
IN YOUR MOUTH**
IDIOMLAND.COM
Meaning
TO BE VERY NERVOUS

MARY HAD HER HEART IN HER
MOUTH BECAUSE IT WAS HER
FIRST DAY AT SCHOOL