

# HOPE

HEARING GOD'S CALL IN A BROKEN WORLD

## Discussion Guide

Fellowship Alliance Chapel



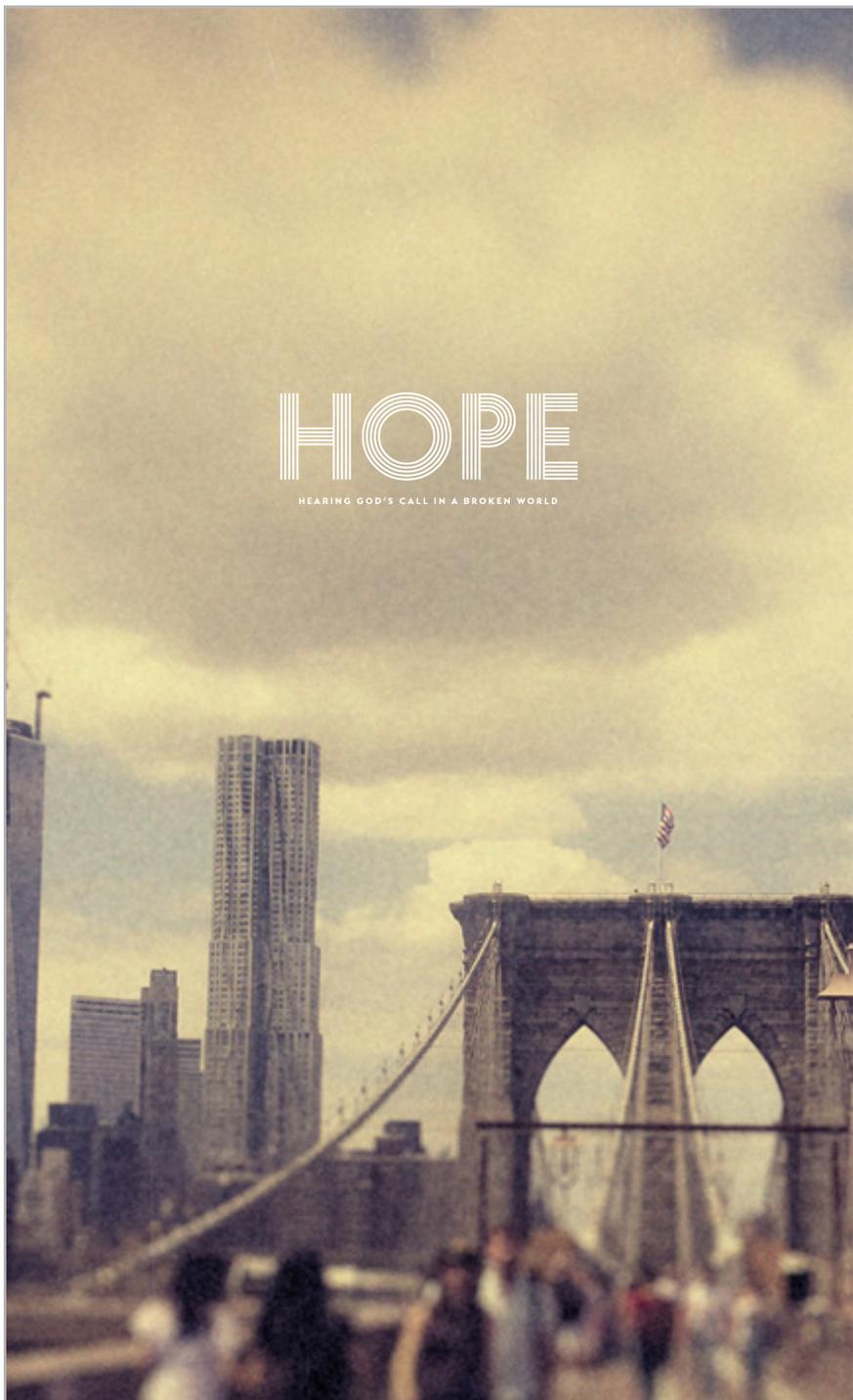


*Blessed be the God and Father of our Lord  
Jesus Christ! According to his great mercy,  
He has caused us to be born again to a living  
hope...*

**1 Peter 2:5a**

# HOPE

HEARING GOD'S CALL IN A BROKEN WORLD



# Special Thanks

The work put into producing this small group series is due to the collaborative efforts of our spectacular volunteers that serve at Fellowship Alliance Chapel and its staff. We couldn't do it without them! Once again, special thanks to Ellen Bates for compiling and creating the Guide's lessons and questions, Josh Street for video production and design of the Guide, Mike Bolognone, Stan and Beth Schroeder, Don and Joanne Street, and Steve Schwartz for sharing their personal stories, and the FAC administrative assistants for all their editing and publishing help. Of course, a huge thanks goes out to all of those who tirelessly serve the church and build the Kingdom in helping people to be hopeful in the midst of a broken world. And thank you to the hosts who stepped up this year to lead a small group. Life is better connected! Way to go!

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# Introduction

The world is beautiful. But it is badly broken. For some of us, we try to avoid the brokenness of this world. We grow numb, neglectful, or stand-offish. For others, the brokenness is all we see in this world and we live in a gray cloud of despair. What do you do with the brokenness of this world? Is there a way to live with hope, having eyes to see the beauty and the feet to walk towards the brokenness?

The good news is that as Christians we can be hopeful in the midst of brokenness, tragedy, and trials. We can be hopeful because Jesus is our living hope. Jesus stepped into a world that was broken, to restore us to a right relationship with God, and is active now - to change us, restore us, to shape us to be like Him. To be a people of hope.

You are set to go on a journey through 1 Peter because it is all about the hope we find in Jesus Christ. You see, Peter was writing to the early church that was being persecuted, suffering, facing problems inside the church, and even inside their families. He wanted to help them and us to remember who Jesus is, what He's done, and the hope of His future grace that we can count on.

Of course, this journey through 1 Peter is not meant to be studied alone. It should be with others. We strongly believe that God grows us spiritually when we get connected relationally. Your small group is important as you learn to apply the truths and promises from 1 Peter. You can be hopeful because Jesus Christ is our hope, and together we hope in Jesus even in the midst of a broken world.

# What Can I Expect in a Small Group?

To grow spiritually, you need to be connected relationally.

The way Jesus changes us is in the context of true fellowship with Him and one another. During your time together, you will explore what it means to have hope even in the midst of a broken world by studying the book of 1 Peter. You will also have time to get to know each other, pray for one another, and watch God work among you. And believe it or not, this will be fun! By the end of your time together you will know one another a lot better than you do now.

In order for you to get the most out of this series with your group we are asking you to do three things:

SHOW  
UP

You will need to **show up**. It sounds obvious, but it is worth saying. In order for you to connect as a group, you need to spend time with one another. And that starts by showing up for the group meeting time.

JOIN  
IN

You will need to **join in**. This means that you need to join in and participate in the discussion.

BE  
REAL

You will need to **be real**. These groups are meant to be a safe environment of grace. No one is perfect. Be who you really are.

If you can commit to these three things, there is no telling how God is going to speak to you and use you in the lives of others in your group.

# How to Use this Guide

Each of the nine sessions within this Guide follow the same format. This Guide was developed to fit into a two hour group meeting. Our suggested format is as follows:

## **FELLOWSHIP – 30 minutes**

Use the first thirty minutes of your group time for informal fellowship. Catch up on the events of the week and enjoy light refreshments together.

## **VIDEO – 20 minutes**

Open your time together with prayer. Read the Scripture passage. Watch the video session and take turns answering the video question posed at the end of the video. Each person should answer the video question before moving on to the discussion.

## **DISCUSSION – 45 minutes**

**Discussion Questions** - Use the questions provided to lead a discussion centered around the topic of the session. Not every person has to answer each question. Allow for periods of silence so that people can process what they are learning. Silence also encourages the quieter participants to open up.

**Practical Application** - Read through the Practical Application section and allow a few minutes for people to think through their action steps for the coming week.

## **PRAYER – 25 minutes**

Close out your evening by sharing prayer requests and praying for one another.

# Historical Background of 1 Peter

The authorship of 1 Peter is most commonly ascribed to Peter, Jesus' disciple. Peter was a Galilean fisherman when Jesus called him to follow as a disciple around 30 AD. Peter is well known for his verbal outbursts and spontaneous actions, yet he was also one of Jesus' closest companions. Peter boldly led the church through its infancy after the death and resurrection of Jesus Christ (33 AD). He worked closely with the other disciples and was a resource for the apostle Paul. Scholars estimate that Peter traveled to Rome around 50-54 AD and remained there until he was martyred in approximately 64-67 AD. The writing of 1 Peter is placed during the reign of Nero sometime around 62-63 AD. Living in Rome, Peter sent his letter to primarily Gentile believers in the region of present-day Turkey. It is believed to have been written shortly before Nero endorsed widespread persecution of Christians. Tradition asserts that Peter was crucified upsidedown for his faith in Jesus because he did not consider himself worthy enough to die in the same manner as his Savior.

# New Testament Timeline



# Session 1 : Be Hopeful

How can I feel hopeful in a broken world, when life feels hopeless?

“ He has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead...”

*1 Peter 1:3b*



**SCRIPTURE PASSAGE:** 1 Peter 1:1-12



**VIDEO QUESTION:** Would you describe yourself as someone who tends to view life through rose-colored glasses of wishful thinking, broken lenses of discouragement, or gospel lenses of hope? Explain.



**DISCUSSION QUESTIONS:**

1. Peter addresses this letter to Christians who are “grieved by various trials” that put the genuineness of their faith to the test (verses 6-7). What impact have the various trials in your own life had on your faith?

**2.** Thankfully, there is hope in the midst of the many trials that come our way. Read 1 Peter 1:3-5. In these few short verses, we can find hope for the past, hope in the present, and hope for the future.

**a. The past** – If you are haunted by circumstances of your past, take comfort in the revelation that “according to His great mercy, He has caused us to be born again” (verse 3). What comes to mind when you think of the concept of birth? How does being born again give you hope for your past?

**b. The present** – If you are troubled by what you are facing today, remember that you have “a living hope through the resurrection of Jesus Christ from the dead” (verse 3). Think about that – Jesus rose from the dead and now offers us living hope! How can looking at your circumstances through the resurrection of Jesus bring you hope for the present?

**c. The future** – If you are fearful of what the future may hold, look forward to the “inheritance that is imperishable, undefiled, and unfading, kept in heaven for you” (verse 4). We can have hope because of the promised inheritance of eternal salvation. How can thinking about this hope for the future encourage you to face your problems of today?

**3.** Peter points out that the suffering believers rejoice with joy that is inexpressible (verses 6-8). Joy such as this “rises above circumstances and focuses on the very character of God. God’s characteristics as well as His acts are the cause of rejoicing. Joy like this is possible, even in the midst of sorrow.”<sup>1</sup> What facet of God’s character causes you to be able to rejoice in the midst of trials (e.g., justice, faithfulness, love, steadfastness, etc.)?

**4.** Peter describes the prophets looking intently for Jesus and predicting His sufferings and glories in verses 10-12. In a way, they were peering through gospel lenses to prepare people for His coming. What benefit do you see in exchanging your rose-colored glasses of wishful thinking or broken lenses of discouragement for the gospel lenses of hope?

## **PRACTICAL APPLICATION:**

Finding hope and joy in the midst of life’s trials is possible through clinging to the unchanging nature of God’s character (Question #3). Hope and joy can be found in recognizing and giving thanks for the blessings He gives us. What are you thankful for right now? How is God blessing you in the midst of your struggles? Begin a gratitude list (available in Appendix A of this Guide) and add to it throughout the nine weeks of this study.

1 - Youngblood, Ronald F., gen. ed. *Nelson’s New Illustrated Bible Dictionary*. Nashville: Thomas Nelson P, 1995. p. 709. Print.

# Session 2 : Be Holy

How can I be holy in a broken world, when there is so much sin around me?

“ ... but as He who called you is holy, you also be holy in all your conduct. **1 Peter 1:15** ”



**SCRIPTURE PASSAGE:** 1 Peter 1:13-25



**VIDEO QUESTION:** What is the biggest obstacle you face in confronting your sin mess and moving toward holiness (e.g., temptation, apathy, peer pressure, habit, etc.)?



**DISCUSSION QUESTIONS:**

1. If you have ever tried to “be holy” as Peter commands, you probably know that it is difficult, if not impossible, to turn that desire into reality through your own will power. Thankfully, Peter precedes his command to be holy with several actions we can do that give the Holy Spirit the necessary room to transform us from the inside out.

- a. Being holy starts with the mind. Peter tells us to prepare our minds for action and be sober-minded in 1 Peter 1:13. What are the qualities of a sober-minded person? How can someone intentionally prepare their mind for action?

**b.** Holiness in mind alone can lead to legalistic behavior in those who succeed and despair in those who fail. Peter goes beyond the mind and addresses holiness in our hearts when he commands us to set our hope on grace (1 Peter 1:13). What significance does grace (receiving what do you not deserve) have in a person's pursuit of holiness? How can you experience grace for yourself or show grace to others?

**c.** Increasing holiness in mind and heart (internal) will manifest itself in our actions (external). Read 1 Peter 1:14 where Peter commands us to be holy in all our conduct by rejecting conformity to worldly passions. What is one area of your life that you would like to grow in God's call toward holiness? How would your actions change if you experienced growth in that area?

**3.** 1 Peter 1:17-21 points to the validity of God's claim over the way you live your life. What about the Father or Jesus in these verses encourages you to examine the sin mess in your own life and pursue holiness?

4. Peter identifies the ultimate manifestation of holiness as sincere brotherly love (1 Peter 1:22). If your small group is a place to experience sincere brotherly love and grow toward holiness, what do you need to feel loved by others? In what ways are you able to show love to those around you?

## **PRACTICAL APPLICATION:**

Question #1c asked you to share one area of your life that you would like to move toward holiness. Ponder whether you need to begin with the thoughts of your mind, the attitude of your heart, or obedience in your actions. What can you do this week to start, or restart, your journey toward holiness in this area?

# Session 3 : Be Solid

How can I be solid in my faith in a broken world, when everything around me seems to be falling apart?

“ You yourselves like living stones are being built up as a spiritual house... ”  
*1 Peter 2:5a*



**SCRIPTURE PASSAGE: 1 PETER 2:1-12**



**VIDEO QUESTION:** Picture your life as a game of football and you are the quarterback. What forces are currently trying to break through your offensive linemen?



**DISCUSSION QUESTIONS:**

1. Peter lists several attitudes and actions in 1 Peter 2:1 that create weak points in a solid faith. What is an attitude or action in your own life (that may or may not be on the list) that creates a weak point in your faith? (e.g., anger, injustice, fear, temptation, etc.)

**2.** Pastor Dave mentioned in his teaching that the way to be solid in our faith is to be always growing. 1 Peter 2:2-3 identifies God's Word as the pure spiritual milk that is necessary for spiritual growth.

**a.** How would you describe your appetite for God's Word?

**b.** Are you able to identify what increases or decreases your appetite for God's Word?

**3.** The passage goes on to describe a spiritual house built of believers with Jesus as the cornerstone in 1 Peter 2:4-6. A house is a place of shelter and protection from a storm. In what ways would you like your small group to be a place of shelter and refuge for you? (e.g., a place of belonging, a helping hand, prayer support, etc.)

4. Some choose to stumble through life outside the shelter of God and apart from His Word (1 Peter 2:7-8). What influences in your life compete with God by pulling you away from time in His Word and fellowship with other believers?

5. Read 1 Peter 2:9-12. Shared identity, spiritual encouragement, and practical commands for Christians are contained in these verses. What idea or phrase do you personally identify with that motivates you to establish a solid faith that can stand up to the brokenness of the world around you?

## **PRACTICAL APPLICATION:**

Question #4 asked you to identify an influence in your life that competes with God by pulling you away from time in His Word and fellowship with other believers. What step can you take this week to decrease the power of that influence? What step can you take to increase your intake of God's Word or connection with other believers?

# Session 4 : Be Submissive

How can I be submissive in a broken world, when those in authority don't show any respect?

“ *Be subject for the Lord's sake to every human institution...* ”  
*1 Peter 2:13a*



**SCRIPTURE PASSAGE: 1 PETER 2:13-25**



**VIDEO QUESTION:** In what area of your life do you wrestle with the command to be submissive the most (e.g., marriage, job, government, church authority, etc.)? Explain.



**DISCUSSION QUESTIONS:**

1. Peter instructs believers to be subject to “every human institution” for the Lord’s sake to silence the ignorance of foolish people in 1 Peter 2:13-15. In a culture that values individuality and free choice, how can voluntary submission be a wise choice?

**2.** After Peter instructs his readers to be subject to every human institution, he goes on to exhort them to live as people who are free - honoring everyone (including government leaders), loving the brotherhood, and fearing God (1 Peter 2:16-17). In what ways does choosing submission lead to freedom?

**3.** Peter goes on to give practical advice for submission that we can follow in 1 Peter 2:18-20. Peter uses the word “servant,” but today we can substitute employee, volunteer, member, or citizen. What do you see in these verses that challenges you? What gives you hope?

**4.** Peter bases his instructions for submission on the example Jesus gave us in Himself so that we might follow in His steps (1 Peter 2:21). Jesus committed no sin and did not deserve to be reviled and suffer, but He endured because He “entrust[ed] Himself to Him who judges justly” (1 Peter 2:23). In what ways does the example of Jesus encourage you to choose submission in your current situation?

**5.** Jesus did not endure and suffer for Himself. Peter reminds us in verses 24-25 that Jesus bore our sins “that we might die to sin and live to righteousness.”

**a.** Refusing to choose submission asserts our rebellious sin nature and intensifies the wrestling match, and yet many would still prefer to resist submission. What personal doubts continue to make submission so difficult?

**b.** Choosing submission demonstrates our desire to live to righteousness near the Shepherd and Overseer of our souls. Considering all that you have discussed and learned through this lesson, what encourages you the most to push the doubts aside and embrace submission?

## **PRACTICAL APPLICATION:**

This week, ask yourself, “How can I choose submission in this situation?” as various opportunities arise. If you are willing, choose submission and watch for how God works in your obedience. If you are hesitant, even just asking the question will increase your awareness and give the Holy Spirit room to mold your heart.

# Session 5 : Be Family

How can I be family in a broken world, when our marriage can be so difficult?

“ Likewise, wives, be subject to your own husbands... Likewise, husbands, live with your wives in an understanding way... ”

*1 Peter 3:1a, 7a*



**SCRIPTURE PASSAGE: 1 PETER 3:1-7**



**VIDEO QUESTION:** Who has been the best role model of a healthy marriage for you? What was it that you learned from them?



**DISCUSSION QUESTIONS:**

1. Married or not, the way a woman conducts herself holds great power. Read 1 Peter 3:1-2 where Peter instructs women (wives) to be respectful, pure, and (if married) submissive to their husbands because their conduct contains power to plant seeds for salvation. In what ways does conduct like this point people to God?

**2.** In addition to conduct, Peter addresses the way a woman physically presents herself to the world in 1 Peter 3:3-6. He cautions women against placing a high priority on external adornment and advises them to focus on developing the imperishable adornment of a gentle, quiet, and submissive inner spirit. This does not mean a woman cannot dress beautifully or have a bold or vivacious personality. In what ways does a gentle, quiet, submissive inner spirit manifest itself on the outside?

**3.** Peter goes on to address men in 1 Peter 3:7. He exhorts men to live with their wives in an understanding way. In what ways can a man increase his understanding of women, and in particular, of his wife?

**4.** Peter also instructs men to show honor to their wives because they are co-heirs of salvation. His reference to women being the “weaker vessel” is most likely a reminder that men tend to be physically stronger than women and able to inflict physical harm. Remember, Peter was a big, burly fisherman! What does it look like for a husband to show honor to a wife?

5. In what ways can a marriage patterned after 1 Peter 3:1-7 impact the husband/wife relationship? What are the ripple effects that could spread out to the family, the community, or even the world?

6. What is one thing you can do differently this week to begin to look more like the man or woman of God described in these verses?

## **PRACTICAL APPLICATION:**

Make family a priority this week. What can you do to show your family that you cherish them in a way that demonstrates love and respect? For the single person, this can apply to a parent/child or sibling relationship as well. Get creative!

# Session 6 : Be Righteous

How can I be righteous in a broken world,  
when life keeps dragging me down?

“ For the eyes of the Lord are on the righteous, and His ears are open to their prayer. ”  
*1 Peter 3:12a*



**SCRIPTURE PASSAGE: 1 PETER 3:8-22**



**VIDEO QUESTION:** What do you commonly turn to when life seems to be spinning out of control (i.e., a particular habit or substance, a person, a defense mechanism, food, sleep, etc.)?



**DISCUSSION QUESTIONS:**

1. Peter mentions several actions and attitudes in 1 Peter 3:8-12. Read through the verses carefully and share one behavior or mindset that is challenging for you. Explain your experience with that action or attitude.

**2.** Recall that Pastor Dave identified “righteous” as “in accordance with God’s standard.” One of the greatest benefits of righteous behavior even in the midst of trials and suffering is the way it points other people to Christ (1 Peter 3:13-15). In what ways does righteousness reveal God to those around us?

**3.** Peter highlights a choice we have in 1 Peter 3:16-17. We can choose righteousness and suffer at the hands of others for it, or we may choose to go our own way and suffer internally with a guilty conscience. Would you rather live with a clean conscience and “suffer for doing good,” or live with a guilty conscience but fit in with the world?

**4.** Peter explains how living in accordance with God’s standard (righteousness) is possible in verses 18-19. Jesus makes it possible through His death and resurrection by restoring our relationship with God. How has God worked in your own life to move you toward righteousness?

**5.** Metaphors are useful in helping people understand abstract concepts. Peter associates righteousness with the washing and cleansing of baptism in 1 Peter 3:20-22. Just as baptism is a one-time event, you are declared righteous by God through Jesus regardless of your behavior. You will not lose your salvation because you made some bad decisions. If our standing of righteousness before God is permanent, what motivates you to pursue righteousness?

**6.** In what way is God calling you to choose righteousness right now? How can you hold onto Him instead of reaching for whatever you commonly turn to when your life is spinning out of control?

## **PRACTICAL APPLICATION:**

Question #6 asks you to identify where God is calling you to righteousness and how you can hold onto Him. What is one practical step you can take this week to heed that call and move closer to righteousness? Be specific.

# Session 7 : Be Stewards

How can I be a steward of everything in a broken world  
when life can seem so fragile?

“ As each has received a gift, use it to serve one another, as good stewards of God’s varied grace. **1 Peter 2:13a** ”



**SCRIPTURE PASSAGE: 1 PETER 4:10-11**



**VIDEO QUESTION:** What do you find hard to give away for fear it might be broken, tarnished or unappreciated? (e.g., particular possessions, forgiveness, money, time, etc.)



**DISCUSSION QUESTIONS:**

1. Pastor Dave used the term “manager” to clarify the word “steward.” In 1 Peter 4:1-2, Peter explains that suffering in the flesh enables us to combat sin and move from living for ourselves to managing our lives for God. How has suffering played a role in your life to help you overcome sin and live for the will of God?

**2.** In 1 Peter 4:3-6, Peter lists common practices of the Gentiles of his day and acknowledges that not participating in those activities can bring about negative responses from other people. What do you do when you encounter negativity based on your convictions to live your life for God?

**3.** Stewardship of our lives extends from our heads to our hearts to our hands in 1 Peter 4:7-9. We are encouraged to be self-controlled and sober minded (heads). We are urged to love one another earnestly (hearts). And we are instructed to show hospitality to one another without grumbling (hands).

**a.** What area is the most challenging for you to manage for God?

**b.** What area is your strength?

4. Every believer has been given a spiritual gift that is to be used to serve others. We have a responsibility to be good stewards of these various gifts (1 Peter 4:10-11). In what ways does good stewardship of spiritual gifts benefit the believer and the church body?

5. In what ways can you use your spiritual gifts, your personal strength, or your experiences with suffering to bring blessing to your small group?

### **PRACTICAL APPLICATION:**

Good stewardship blesses those around us. Consider doing something that will be a blessing to others. Perhaps you can provide Christmas gifts to a family through Angel Tree or support a missionary as a good steward of your resources. Maybe you can volunteer as a good steward of your time. Perhaps you can get involved in a ministry as a good steward of your spiritual gift. The possibilities are endless!

# Session 8 : Be Sufferers

How should I respond to suffering in a broken world?

“ Therefore let those who suffer according to God’s will  
entrust their souls to a faithful Creator while doing good.

1 Peter 4:19



**SCRIPTURE PASSAGE:** 1 PETER 4:12-19



**VIDEO QUESTION:** How has God been faithful to you or someone you love in the midst of suffering?



**DISCUSSION QUESTIONS:**

1. Peter begins his counsel on suffering by instructing his readers to not be surprised at fiery trials when they come in 1 Peter 4:12. Thinking back on the times of suffering in your own life, what emotion would best describe your personal reaction to suffering?

**2.** It is easy to follow Jesus into peace, comfort, and recognition. It is much harder to follow Him into uncertainty, persecution, and pain, and yet Peter encourages the believers to rejoice in suffering because they are sharing the sufferings of Jesus (1 Peter 4:13). In what ways does the suffering of Jesus encourage you to rejoice in the midst of your own pain?

**3.** Peter draws a distinction between suffering for good and suffering for evil in 1 Peter 4:14-18.

**a.** How would you encourage a person who is suffering for good to remain strong?

**b.** What advice would you give to a person who is suffering for their own poor choices?

4. Peter writes in 1 Peter 4:19, "Therefore let those who suffer according to God's will..." It is hard for us to comprehend that suffering would be God's will for us. What are possible purposes God could accomplish through suffering?

5. Peter concludes his thoughts by encouraging suffering believers to trust God with their souls while doing good (1 Peter 4:19). If you have blessed another while in the midst of personal pain, share with the group what you have learned.

6. In your life experience, what have you learned about yourself and about God through suffering?

## **PRACTICAL APPLICATION:**

Do you know someone who is suffering right now? Pray for that person and reach out through a card, a phone call, or a helping hand. Be the hands and feet of Jesus.

# Session 9 : Be Faithful

How can I be faithful in a broken world, when life feels hard?

“ Be sober-minded; be watchful... firm in your faith. ”  
*1 Peter 5:8a, 9a*



**SCRIPTURE PASSAGE: 1 PETER 5:1-14**



**VIDEO QUESTION:** In what way have you recently experienced God’s faithfulness toward you?



**DISCUSSION QUESTIONS:**

1. Peter leaves closing instructions for the elders to carry out their responsibilities with faithfulness in 1 Peter 5:1-5. He sums up his thoughts by instructing everyone, elders and church members alike, to clothe themselves with humility toward one another. In what ways do faithfulness and humility go hand in hand?

**2.** Peter expands his thoughts on humility, exhorting the believers to humble themselves under the mighty hand of God by casting their anxieties on Him because He cares for them (1 Peter 5:6-7). How do you personally cast your anxieties onto Jesus? How has this maintained or increased your level of faithfulness?

**3.** Peter reminds his readers why faithfulness is so important in 1 Peter 5:8-9. We have a powerful adversary who desires to separate us from God. How does this knowledge help you in your own life and circumstances?

**4.** What encouragement do you find in 1 Peter 5:10-11 that encourages you to remain faithful to God in the midst of life's ups and downs?

**5.** Peter closes his letter by listing various friends and greetings. Other people are vital in helping us remain faithful in our walk. How has your small group helped you grow in faithfulness over the past nine weeks?

### **PRACTICAL APPLICATION:**

Anxieties have the potential to interfere with our faithfulness to God. Memorize 1 Peter 5:7, "Cast all your anxiety on Him because He cares for you." (NIV). As anxiety creeps into your thoughts, cling to faithfulness by repeating this verse and praying for the Lord to see you through.





# Video Viewing Options

## OPTION 1: DVD

Each group leader will be provided with a standard definition DVD to watch the videos on a TV or laptop.

## OPTION 2: VIMEO

All of the videos have been uploaded to the FAC Vimeo web page in 1080p high definition. There are two methods of watching via Vimeo.

**Method 1:** To view on Vimeo's website through a computer or mobile device, please follow these steps:

1. Go to: [www.myfac.org/hope](http://www.myfac.org/hope)
2. Scroll to the bottom of the page where you will find links for each of the 9 video sessions.
3. Click a link for the desired session and you will be taken to the Vimeo website where you can watch the video.

**Method 2:** Vimeo provides an app to watch their videos compatible with most mobile devices, streaming players, and smart TVs. The Vimeo app can be downloaded through your device's app store or applicable interface. To find out more please visit: <https://vimeo.com/everywhere>

## OPTION 3: DOWNLOAD MP4 SOURCE FILES

This option provides the highest quality viewing experience. It's available through any computer, mobile device, or smart TV capable of playing downloaded MP4 files, either through a USB flash drive, network drive, or media player. To download the original source MP4 files, first follow the steps listed above in Method 1. Once you are on the Vimeo web page for the desired session's video, click on the button below the video titled "Download." Then in the drop down box click on the link that appears titled "Original MP4 file." The MP4 file will automatically download to your hard-drive. Once it has finished downloading you may then transfer that file to the device of your choice to watch on your TV in high quality 1080p resolution.





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