



HOSEA

FROM BROKEN TO BRAND NEW

A 6-WEEK EXPERIENCE

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Introduction

The book of Hosea is one of the most personal and emotionally charged books in Scripture. It tells the story of a relationship marked by love, betrayal, and ultimately, restoration. Through the life and message of the prophet Hosea, we are invited to see not just what God says, but what God feels. This is a book about God's love that remains faithful even when it is not returned.

Hosea ministered during the 8th century BC, primarily to the northern kingdom of Israel during a time of political instability and outward prosperity. Kings rose and fell quickly, and the nation sought security through alliances and idol worship rather than trust in God. The worship of Baal and other gods had become normalized. Into this environment, Hosea speaks, and even his life becomes an illustration of God's relationship with His people.

As a book, it's likely a compilation of Hosea's biography and various messages he had given. Hosea contains narrative, prophetic and poetic genres. The original audience was the people of Israel, but its message extends far beyond its original context. Hosea confronts not only obvious rebellion, but also subtle drifts away from trusting God. It illustrates the ways people can remain religious on the outside while becoming disconnected from God on the inside. Yet, through it all, God continues to pursue his people.

For us today, Hosea speaks with surprising clarity. While we may not bow to ancient idols, we are still prone to placing our trust in things like success, comfort, control, or approval. Hosea reminds us that our relationship with God is not built on perfect behavior, but on His unwavering faithfulness. Most beautiful of all, it quietly foreshadows the story of Jesus, when that same faithful love would take on flesh and invite us all back to a loving relationship with God.

So take your time on this journey to reflect, read, journal, discuss, and take action. May your faith be both a talk and a walk as you experience transformation through God's love.

Love That Won't Let Go

01

Week 1

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We tend to believe love has limits. What if love isn't defined by the one who receives it, but by the one who gives it?

Love that Won't Let Go

6

“The Lord said to me, ‘Go, show your love to your wife again, though she is loved by another man and is an adulteress. Love her as the Lord loves the Israelites, though they turn to other gods and love the sacred raisin cakes.’”
— Hosea 3:1 (NIV)

Day 1: Regroup

At first, love feels open and easy. But over time, after disappointment or distance, we can begin to draw lines.

“I can forgive, but not everything.”
“I can stay, but only if things change.”

Then we encounter a story like this.
A love that stays.
A love that pursues.
A love that does not give up.

What if love isn't defined by the one who receives it...but by the one who gives it?

God's love is not fragile or conditional.

It is steady, persistent, and always moving toward us, even when we drift.

This week, we begin with a story that may feel uncomfortable, even unsettling.

But within it is a powerful truth: God's love is not based on how we respond, but on who He is.

As you move through this week, don't rush. Let yourself feel the weight and the beauty of a love that refuses to let go.

PAUSE

Where do you struggle to believe that love lasts?

Day 4: Talk

This could be with a friend, family member, or small group. There's no pressure to have perfect answers. Just be honest and listen well.

- Why is it hard to believe love could be this committed?
- Where have you seen glimpses of this kind of love in real life?
- Do you relate more to the one pursuing or the one drifting?

Day 5: Walk

Love becomes real when it moves into action. This week, choose one relationship where you've been tempted to pull back. Instead of withdrawing, take a step forward to show care.

FAITH IN ACTION

Love someone without requiring a response.

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When Good Things Become God Things

02

Week 2

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Drift doesn't happen suddenly. It happens quietly. What was once central slowly becomes peripheral.

When Good Things Become God Things

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“My people are destroyed from lack of knowledge. ‘Because you have rejected knowledge, I also reject you as my priests; because you have ignored the law of your God, I also will ignore your children.’”

— Hosea 4:6 (NIV)

Day 1: Regroup

Drift rarely feels like rebellion.

It doesn't come with a clear decision or a defining moment. Most of the time, it feels like life getting full, responsibilities stacking up, schedules tightening, good things demanding attention. There's no point where we consciously decide to walk away from God. Instead, we slowly begin to live as if everything depends on us.

And often, what replaces God isn't bad. It's work. Family. Goals. Stability. Even ministry. Over time, they begin to shape our decisions, our emotions, even our sense of identity. That's what makes drift so difficult to recognize. It doesn't feel like turning away. It feels like moving forward.

Hosea speaks into that quiet shift with clarity and honesty. The problem wasn't that the people had abandoned religion. They were still going through the motions. The problem was deeper than behavior. It was about connection. They knew about God, but they no longer knew Him.

Is it possible to stay busy, stay engaged, even stay spiritual...and still drift? The answer, if we're honest, is yes.

But this is where the invitation begins. To recognize where our trust has quietly shifted.

PAUSE

What has slowly become more central in your life than it should be?

Day 4: Talk

This could be with a friend, family member, or small group. There's no pressure to have perfect answers. Just be honest and listen well.

- What are modern forms of idolatry people overlook?
- Why is drift harder to notice than outright rebelling against God?
- What helps you stay grounded?

Day 5: Walk

Make intentional space instead of squeezing God in when it's convenient.

Fast from one thing that competes for your attention. Replace it with intentional time with God.

FAITH IN ACTION

Create space instead of crowding out God.

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The Ache of a Faithful God



03

Week 3

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God desires honesty, not performance. It's not our rituals he desires, but a relationship. Not just words, but meaningful connection.

The Ache of a Faithful God

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“For I desire mercy, not sacrifice, and acknowledgment of God rather than burnt offerings.”

— *Hosea 6:6 (NIV)*

Day 1: Regroup

We are often quick to repair or recant things verbally, but slow to change our behaviors.

A moment of regret can come with a quick apology and a promise to do better. We often assume that's enough to move forward. Sometimes it even feels sincere. But if we're honest, not much actually changes. The same patterns show up again, just with better language around them.

That's the tension Hosea names. “Your love is like the morning mist...” It appears, it feels real for a moment, and then it fades. Not because we don't care, but because we haven't gone deep enough for anything to truly change. We're still distracted by the same things, trusting our own ways.

God isn't looking for polished words or quick spiritual recovery. He's looking for honesty. The kind that slows down long enough to name what's actually going on beneath the surface.

PAUSE

Where have you been quick to say the right thing instead of doing the deeper work of connecting with God or with others?

Day 4: Talk

This could be with a friend, family member, or small group. There's no pressure to have perfect answers. Just be honest and listen well.

- Why is it easier to say sorry than to change?
- What does real repentance look like?
- How can others support real growth in a friend or family member?

Day 5: Walk

Practice honest prayer. Say what is actually true.

If, in reflection, there is an action you feel you need to take, or a relationship you need to mend, don't wait. Begin to take steps in that direction.

Where it is helpful, seek support from family or friends.

FAITH IN ACTION

Take intentional time to be honest with God.

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What Love Must Confront



04

Week 4

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Love tells the truth, even when it's hard. Only in truth-telling is the door opened for healing and reconciliation.

What Love Must Confront

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“They sow the wind and reap the whirlwind. The stalk has no head; it will produce no flour. Were it to yield grain, foreigners would swallow it up.”
— Hosea 8:7 (NIV)

Day 1: Regroup

Love that avoids hard conversations isn't really love, it's fear.

It's easier to ignore things. To hope they work themselves out. To stay comfortable rather than step into tension. But over time, what goes unaddressed doesn't disappear, it festers. Like an open wound it worsens and threatens to break apart lives and relationships.

That's what Hosea brings into the light. Not to shame, but to reveal. Because real love doesn't pretend everything is fine. It tells the truth. It names what's broken. It refuses to let something destructive keep going unchecked.

And sometimes, the most loving thing God can do is let us feel the weight of what we've chosen. Not to push us away—but to wake us up.

Then, when we're finally awake and aware, we will realize he also hasn't left or gone anywhere. Even in our sin, he loves us.

PAUSE

What is something you've been avoiding that love is asking you to face?

Day 4: Talk

This could be with a friend, family member, or small group. There's no pressure to have perfect answers. Just be honest and listen well.

- Why do people resist accountability?
- Describe a time that truth helped you grow as a person.
- How can we create a safe space and relationship for honesty to be the norm?

Day 5: Walk

Make the first move. Begin the journey towards reconciliation and wholeness. Maybe it's an action, maybe it's a conversation. The ball is in your court.

This is the week to address one thing you've been avoiding.

FAITH IN ACTION

Take responsibility for something you might have been avoiding.

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“How Can I Give You Up?”



05

Week 5

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God's compassion flows from His heart, not your performance. This week we hear an expression of unconditional love.

What Love Must Confront

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*“How can I give you up, Ephraim?
How can I hand you over, Israel?
How can I treat you like Admah?
How can I make you like Zeboyim?
My heart is changed within me; all
my compassion is aroused.”*
— *Hosea 11:8 (NIV)*

Day 1: Regroup

We often assume God's love has limits, even if we wouldn't say it out loud.

At first, grace feels real and freeing. But over time, especially when the same struggles resurface, something begins to shift. We start to wonder if God is growing tired. Less patient. Less willing to keep meeting us in the same places. Like eventually, there has to be a point where He steps back.

Maybe we don't say it directly—but we feel it. A quiet pressure to do better, to prove something, to finally get it right so we don't wear out His grace.

Then we hear words like this: “How can I give you up?”

Not anger. Not distance. But tension. A God who sees clearly, who isn't ignoring what's broken in us, and still chooses compassion. A God whose response isn't to pull away, but to pursue us with relentless care.

This isn't a love that overlooks failure. It's a love that moves toward us in the middle of it. Not because we've earned it, but because it flows from who He is.

So maybe the invitation this week isn't to try harder, but to receive more honestly.

PAUSE

Where do you find yourself assuming God is less patient with you than He actually is?

Day 4: Talk

This could be with a friend, family member, or small group. There's no pressure to have perfect answers. Just be honest and listen well.

- Why is grace hard to accept?
- How does shame affect us? How does it affect our relationships?
- What changes if you are already loved?

Day 5: Walk

Receive grace. Accept some help when it's offered to you.

Work against your thought patterns of trying to prove yourself. Rest in the knowledge that you are loved by God.

FAITH IN ACTION

Live as if you are already loved. (What might that look like for your life this week?)

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Return and Be Healed



06

Week 6

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Coming home is always possible. God never closes the door and is always on the lookout for us to return to Him.

Return and Be Healed

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“Return, Israel, to the Lord your God. Your sins have been your downfall!

‘...I will heal their waywardness and love them freely, for my anger has turned away from them.’”

— Hosea 14:1,4 (NIV)

Day 1: Regroup

Returning can feel harder than drifting.

Drifting happens quietly, almost unintentionally. But returning, that takes awareness. It takes honesty. It means facing where we’ve been and admitting something needs to change.

Sometimes what holds us back isn’t distance, it’s hesitation. We wonder how we’ll be received. Whether we’ve gone too far or done too much to be welcomed back. We might wonder whether anything will actually be different this time.

So we wait. We delay. We tell ourselves we’ll come back when we’re more ready, more consistent, more certain.

But Hosea ends with a simple invitation: “Return... and be healed.”

Not “fix yourself first.”
Not “prove that you’ve changed.”

Just return.

Because the goal was never perfection. It was always relationship.

And the path back isn’t complicated, it’s just a step.

PAUSE

What is one step you sense God inviting you to take toward Him right now? What is holding you back?

Day 4: Talk

This could be with a friend, family member, or small group. There's no pressure to have perfect answers. Just be honest and listen well.

- What makes returning to God difficult?
- What helps people take that step?
- How can we create safe spaces for people return to God?

Day 5: Walk

What is your next step closer to Jesus? Here are some ideas:

- Being baptized
- Reconciling a relationship
- Joining a small group
- Being more generous with time or money
- Taking your rest with God seriously
- Serving others in a new way

FAITH IN ACTION

Take one step closer to Jesus.
Return and be healed.

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