



January 10, 2021

Anxiety or Hope?

Psalms [43](#), [62](#), [131](#); [Isaiah 40:25-31](#); [Philippians 4:4-7](#)

Questions for Personal Reflection or Small Group Discussion

1. What is your temperature currently, when it comes to hope? Can you think of a time in your life when you have been most hopeful? Least hopeful? What was going on in your life that made you more or less hopeful?
2. Can you name your top three hope stealers?
3. Do you tend to minimize or whitewash the events and realities of your life that chip away or wipe out your hopefulness? Why do you think that is – that you have a hard time naming and acknowledging what is happening to you and around you?
4. Which of the images from the scriptures helps you to envision a life of hope:
 - a. A child content and weaned in his/her mother's arms? (Psalm 131)
 - b. A eagle soaring? (Isaiah 40)
 - c. A soul that is downcast returning to praise? (Psalm 43)
 - d. A decision to dwell in the rock-solid protection of God? (Psalm 62)
 - e. A heart and mind guarded by the peace of Christ? (Philippians 4)
5. What does this passage have to say about being "Rooted in Jesus, Growing in His Love [Together], [and] Branching Out to Serve Others"?