

Week 1:

There's Hope for You



Questions

1. What illustration, story, or example stood out to you this week?
2. Read Psalm 61:2. When you face a truly hopeless situation, you have two choices: drift into a downward trajectory of self-pity/self-soothing, or choose an upward trajectory to "the Rock that is higher than I." What would have changed if you had chosen to cry out to God instead?
3. When you go through difficulty, which path do you typically drift toward when you're feeling hopeless (self-pity or turning toward God) and why?
4. Read Matthew 11:28-29. What about these words of Jesus bring you the most comfort and hope?
5. Read Psalm 62:1-3. King David relied on God when he felt there was no hope left. Where do you need to call out to God for His intervention?
6. Who is someone who inspires you with their relentless hope in the midst of a seemingly hopeless situation?
7. What one practical step do you plan to implement from this week's message?

Scripture References

Read Psalm 61:1-2; Psalm 62:1-3; Psalm 25:1-5; Matthew 11:28-29

Takeaways

- There's hope for you—in a Rock Who is higher
- When you're at the end of your rope, cry out to be led to the Rock Who is higher than you.
- 4 steps toward hope in the Rock Who is higher than you:
 - Open your wounds to God
 - Seek God's help obsessively
 - Look to God to be what you lack
 - Activate your voice, hands, minds in repeatedly saying and singing aloud that God is your hope.