

Lent—Hope
Study Questions
2 Timothy 1:7; Romans 15:13

Warm-up

1) Have you noticed anyone being a “carrier” of fear, cynicism, or faith recently (as Pastor Glen discussed in the sermon)?

If so, describe the situation, and why you felt like it impacted you or others around you.

A little deeper

2) [2 Timothy 1:7] God has given us a spirit of power, of love, and of a sound mind (or self-discipline), not of fear. **In what ways is fear the very opposite of the spirit God has given us?** Simply telling someone not to be afraid is not sufficient to help them; God knows this. **Look up one of the hundreds of places that God tells us not to fear—what else is God saying at the same time in some of these verses?**

3) [Romans 15:13] God is the source of our hope, and trust in Him leads to joy and peace. **Why does trust in God lead to hope, peace, and joy?**

Where else have you seen people place their hope or trust? What depths of joy and peace have you seen these earthly things bring? Why do you think results of these things are limited?

4) Which of these promises stuck out to you the most? Why?

- Matthew 11:28-30 (God gives rest to the weary)
- Psalm 34:18 (God is near to those who are hurting)
- John 8:12 (In dark times, Jesus is our light)
- Matthew 28:20 & Psalm 23:4 (God is always with us)
- Isaiah 40:31 (God renews us when we feel weak)
- John 11:25-26 (We will live with Jesus forever)

How can we be God’s hands and feet in delivering on these promises in difficult times to those who find it difficult to trust in God? How can we do it while trusting God rather than relying on our own strength (note that none of these promises say God will “fix” our problems)?

Bringing it home

5) What are you struggling with the most right now?

What is your “natural” way to deal with that, when you’re not relying on God (optimism, jokes, turn to others, turn inward, ...)? How can you more fully set your focus on God in this area?

6) Who have you seen that is struggling, but that maybe you could bring God’s hope to them? How might you go about bringing hope to them (again without necessarily try to “fix” their situation)?

If you can’t do it alone, who else might you ask to help?