



HOPE :: When Life Hurts Most – The Anchor of Hope **{Louie Giglio}**

INTRODUCTION

Life isn't easy. We experience problems and setbacks everyday. But during the hardest parts of life, when the bottom seems to fall out, where do we turn for peace? Although God doesn't offer any easy solutions, he does offer himself and his cross as an anchor of hope.

DISCUSSION QUESTIONS

1. What has been one of the most painful times in your life?
2. What have been various sources of hope and encouragement during the hard times of your life?
3. Read John 16:33. Jesus refers to the reality of trouble in our world. How does this differ from common misconceptions about the “stress-free” Christian life?
4. Hebrews 6:19 refers to God's promises as an anchor for our soul. What promises have you held on to during the most difficult times in your life?
5. How do you explain the idea that God allows freedom but never loses control?
6. What does it look like in your life to “turn to the cross of Jesus Christ” as the ultimate source of hope?

THINK ABOUT IT

Jesus doesn't take lightly the reality of hardship and trouble. Although he doesn't prescribe any steps to erase the pain, he does offer himself as a source of hope. He has overcome the world, and that includes suffering and pain. How does that affect your ability to trust God with the parts of your life that you can't see or understand?

WHAT WILL YOU DO?

If you are currently facing hardships or sense trouble ahead, where will you turn for hope and peace?

CHANGING YOUR MIND

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world
John 16:33