



Part 3: "Hope-FULL"

Introduction

During this series, we've been talking about bending. We've been talking about finding rest and developing resiliency. But what do we do if our bending finally leads to breaking? There are some things in life that we just have no control over. So what do we do when our bending point becomes our breaking point?

Discussion Questions

1. **"I've reached my breaking point!"** When was the last time you've felt you reached your breaking point?
2. What factors tilt an experience from being something that causes you to bend to something that causes you to break?
3. How would you define "hope"? Is hopeful thinking the same as wishful thinking? What's the difference?
4. Read John 16:33. Jesus communicates the realities of peace, trouble, and hope. What makes Jesus so confident that he can overcome the world?
5. Do you have any anchors in your life? Do you have anything that directs the direction of your life? Read 1 Peter 1:13. What does it mean to set your hope on Jesus and his victory in this life?
6. Words like "hope" and "victory" sound so positive, which is why they're used so often during the most difficult times in life. What is it about Jesus that allows words like "hope" and "victory" to be more than just platitudes but realities that can help you actually overcome the darkest moments in your life?

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