

# TAKEAWAY

## Roadmap

### Finding Joy When Life is Tough

#### FROM LAMENT TO HOPE SUNDAY 30<sup>TH</sup> MAY 2021

#### INTRODUCTION

On Sunday, we looked at the move from lament to hope. Whilst it is right that we bring our sadness to God in lament, as Christians we have a hope for the future that can transform how we respond to difficult things that happen today.

#### READ

1 Peter 3:15

#### DISCUSS

1. What is your hope as a follower of Jesus, in your own words?
2. How is Christian hope different to the sort of hope we talk about in day to day life? (e.g. 'I hope the weather will be nice tomorrow')

#### READ

Psalm 77

#### DISCUSS

3. What is the Psalmist doing in the first part of the Psalm (verses 1-9)?
4. How would you say he feels? Can you relate to his questions?
5. What does the Psalmist do – as a sort of antidote to his troubles – in the second part of the Psalm?
6. How does remembering what God has done in the past give us hope for the future?

7. How does what Jesus did – and who He is – give us even more reason to have hope?
8. What does it look like for a hope in Jesus affect day-to-day life?
9. The pandemic has greatly challenged what it means for us to have hope. What perspectives or attitudes do you have that might need to be changed by the hope Jesus brings?

#### NOTES FOR LEADERS

The aim of this session is to get your group thinking and talking honestly about what their hope in - especially in present circumstances - and getting practical about how hope in the Gospel is supposed to change how we respond to everyday life. Don't be afraid to let people speak honestly if they have struggled to have hope in the last year.