

# NewSpring Church Groups Study Guide

Hope: When Life Hurts Most — Week 1 — The Anchor of Hope

## INTRO

We remember pain. Our memory is etched with it and it seems that sometimes our lives are defined by it. As Christ followers, we are not immune to pain nor are we free from its consequences. Despite pain's presence in our lives we find the hope to persevere through an understanding of the work accomplished by Jesus Christ on the cross.

## QUESTIONS

- What has been one of the most painful times in your life?
- Have you ever been angry at God due to pain or circumstances in your life? How did you overcome those feelings?
- How would you respond to someone who is feeling that God is not in control?
- How does the cross of Jesus Christ give you hope in times of difficulty?
- What kinds of promises from God's word sustain you when you are hurting?
- Read *Romans 5:1-5*. Can you see where pain and suffering has led to growth and endurance in your life?

## OUTRO

In *John 16:33* Jesus acknowledges the reality of pain in our world. It will come. Are we anchored? Jesus experienced pain and suffering and death first hand. He offers himself as the ultimate source of hope because despite everything, He's alive! During times of hardship we can turn to Jesus and to the promises found in God's word.

*Psalms 33:20-22* says, "We wait in hope for the Lord; he is our help and our shield. In him our hearts rejoice, for we trust in his holy name. May your unfailing love rest upon us, O Lord, even as we put our hope in you."