

# HOPE WITH US | WEEK #03

Hoping is Hard | November 26<sup>th</sup>

**Anchor Verse:** We have this hope as an anchor for the soul, firm and secure. Hebrews 6:19

**Week 01:** When we see a better future, discern the pathway there and own our part, hope is here.

**Week 02:** Hope in God is a spiritual pathway to happiness, confidence and peace (well-being).

## WHAT'S THE ISSUE ANYWAY?

*"Annihilating is easy. Razing things to the ground is easy. Trying to fix what's broken is hard. Hope is hard." -Loki*

Hope is hard because trauma is \_\_\_\_\_.

Trauma enjoys trips down \_\_\_\_\_.

A trigger affects your emotional state, often significantly, by causing \_\_\_\_\_ distress.

We cannot experience hope until we are \_\_\_\_\_ about our trauma, adversity and challenges.

## WHAT WISDOM DOES SCRIPTURE OFFER US?

Paul was no \_\_\_\_\_ to traumatic experiences along the way. (2 Corinthians 11:23-29)

Somewhere along the way, Paul tapped into the power of \_\_\_\_\_.  
(1 Thess. 5:16-18; Phil. 1:23-26; 2 Cor. 4:8-12)

Paul \_\_\_\_\_ others and God with his trauma, adversity and hardships. (Romans 8:28)

## DON'T MISS THIS!

Experiencing \_\_\_\_\_ gratitude while being \_\_\_\_\_ about our trauma creates \_\_\_\_\_ hope.

## HOW CAN I LIVE THIS IN MY EVERYDAY, NORMAL LIFE?

Talk about the \_\_\_\_\_ with someone you trust.

Embrace \_\_\_\_\_ and \_\_\_\_\_ negative emotions in times of adversity, stress and trauma.

Comfort people in their pain not \_\_\_\_\_ of their pain.

Eventually, \_\_\_\_\_ to the belief in the power of hope.

Find your way back to believing in the power of hope with \_\_\_\_\_.

## HOW DOES THIS MAKE ME A BETTER PERSON AND THE WORLD A BETTER PLACE?

Hope that trusts others and God with trauma grows \_\_\_\_\_ for ourselves and each other.

## WHAT IS GOD INVITING YOU INTO TODAY?

1. Talk to a trusted friend or a helping professional about your trauma, adversity and challenges.
2. Talk with God about your trauma, adversity and challenges in life.
3. Join the advent journey beginning December 3.

## THOUGHT PROVOKING QUESTIONS:

1. Why do you think we avoid telling someone about traumatic or painful experiences in life? Has faith or participation in a religious community been helpful or harmful in navigating traumatic or painful experiences?
2. Do you think Paul ever wanted to give up? Why or why not?
3. Have you ever experienced the survival window? What or whom did you find most comforting during that time?
4. Make a list of things you can say or do that would comfort people “in” their pain without trying to comfort them “out” of their pain?
5. What is one realistic step you could take to develop the habit of gratitude?