

Playlist: Hope
Psalm 121

How can we find REAL HOPE in the midst of life's difficulties?

_____ is a part of _____

Where Does Our Help (Hope) Come From?

Hope = confident expectation
(trust established & built from promises having been fulfilled)

YAHWEH is our _____

YAHWEH is our _____

Life Group Discussion

Ice Breaker

- What is the scariest thing you've ever done? (Ex. Skydive?)
- Why did you decide to do it?

Digging In

- What is something you are afraid of right now? Why?
- Have you prayed about it? Why or why not?
- Why do you think we have a tendency to be surprised by suffering?
- Talk about a season of suffering and how you dealt with it.

Making It Personal

- Is there some suffering going on in your life right now that you are keeping to yourself? Would it be helpful to acknowledge it - to friends and to God?
- What did you learn about God?
- What did you learn about yourself?
- Is there anything that I should do in response to this message?

Additional Resources to Study Psalms:

- *The Songs of Jesus*, Tim & Kathy Keller. A year long devotional on the Psalms.
- *The Spirituality of the Psalms* and *Psalms*, Walter Brueggeman. Academic books examining the Psalms.
- *Reflections of the Psalms*, C.S. Lewis
- *The Treasury of David*, C.H. Spurgeon
- *Psalms*, Shane & Shane (music)