



## “Down But Not Done”

### HOPE GROUP STUDY - Week of November 9, 2025

#### Let's Talk & Pray

- What has been your biggest challenge lately and how have you been “talking yourself” through it? After everyone has shared, pray for your time together.

#### Let's Read the Word

- Psalm 42 ; Luke 22:60-62 ; John 21:10-19

#### Let's Think

- The psalmist talks directly to his own soul. What might it look like for you to “talk to your soul” with faith when you are feeling down?
- Psalm 42 says again, “Put your hope in God.” Why do you think he repeats this phrase several times in Psalm 42?
- Peter experienced deep regret and sadness after denying Jesus? What was his response? What do you think he told himself?

#### Let's Share

- When you are in a difficult or dark season, what's your first question? Why do you think we usually tend to ask “why?”
- How can shifting our focus from “why this is happening” to “who God is” change our outlook? Share a time when shifting your focus to who God is strengthened your faith.
- What are some ways you remind yourself of God's presence and character when you feel forgotten or down? How do you put your hope in God when you don't feel like it?
- In John 21, Jesus restores Peter by giving him purpose again (“Feed My sheep.” What does that teach you about how God responds to our failure? How have you experienced restoration from failure in your life?
- “Face your depression so God can grace you through your depression.” Why do you think facing depression is necessary? How has God helped you through in those seasons?

#### Let's Grow

- What is one area you need to face? What step forward can you take today toward hope and healing? Do you believe God can take your past pain for your future purpose?

#### Let's Pray

As a group pray for each other and take some time to pray together over requests.

#### Upcoming Events at Hope

November 16 - Baby/Child Dedications

November 20 - Hope Sisterhood 6:30pm  
(putting groceries together for Nov 22)

November 22 - Giving Thanksgiving