



Mediterranean Postcards

Week six - "Rough Seas and Strong Anchors"

Acts 21-26 and Romans

Bottom line: The journey of following Jesus isn't easy, but we hold on to *hope* through *prayer*.

1. **Icebreaker:** When it comes to roller coasters, which best describes you: the person who holds on tightly, the one who throws your hands in the air, or the one who avoids the ride altogether? How does that tendency show up in the way you handle uncertainty or stress in everyday life?
2. In Acts 21, Paul and the believers in Tyre knelt together on the beach to pray before he continued toward Jerusalem, even knowing hardship was ahead. What stands out to you about that scene? What does it teach us about the role of community and prayer during difficult seasons?
3. Paul knew suffering was likely waiting for him, yet he continued to obey God's calling. Can you think of a time when following Jesus required courage, perseverance, or sacrifice? What helped you stay faithful?
4. Romans 5 says that "suffering produces perseverance; perseverance, character; and character, hope." Which part of that progression is easiest for you to believe? Which part is the hardest, and why?
5. Romans 8 reminds us that sometimes we don't even know what to pray, but the Holy Spirit intercedes for us. How does that truth change the way you think about prayer, especially during seasons when words are hard to find?
6. Paul's hope wasn't based on changing circumstances but on God's unchanging love. What are some "rough seas" that tempt people today to lose hope? What practical habits help keep Jesus as your "strong anchor" when life feels unstable?
7. Romans 8 ends with the promise that nothing can separate us from the love of God in Christ Jesus. How would truly believing that promise affect the way you face fear, disappointment, suffering, or an uncertain future this week?

Optional Closing Challenge: As a group, spend time praying specifically for one another's "rough seas." Rather than trying to solve each other's problems, practice simply holding on to hope together through prayer, trusting that Christ is already interceding for you.