

1. What was one highlight of your Christmas or New Year's celebrations?
2. What is an area you feel your patience is being stretched right now? How have you been handling it?
3. Read Psalm 40 aloud (break up the passage among a few readers). As it's read, listen for any key phrases that grab your attention. What struck you about this phrase or verse?
4. **Read Isaiah 40:30-31.** Some Bible translations use the phrase "those that hope in the Lord..." Others use "those that wait upon the Lord...." What is the relationship between waiting and hope?
5. Which of the habits Jonathan talked about this weekend (worship, word and community) do you most want to focus on right now? What commitment will you make to grow in that habit?
6. Jonathan challenged us to choose the path of patience in our lives. Which of the steps along this path (waiting, gratitude, hope and strength) are most difficult for you?