

BEND, DON'T BREAK

Part 3: Get Anchored

INTRODUCTION

What do we do when the circumstances in our lives that are beyond our control contribute to the excessive bending in our lives? What do we do when our situations cause us to break under the unbearable pain, hurt, or loss? There is a way to hold onto our hope and our faith in God when we encounter the biggest troubles this world could throw at us, but it all depends on what we are anchored to.

LET'S TALK ABOUT IT

1. What are some of the situations in your life that have caused you to have to bend to the point of breaking?
2. Is there someone in your life with whom you can express all the doubts and ask all the questions, even when they are hard and there may be no clear or real answer? How have you found this relationship to be helpful to you as you go through hard things? If you don't have someone, do you find value in finding a relationship like this? Why or why not?
3. How does thinking about Jesus overcoming the world impact your view of your current and future suffering? How might *nenikeka* influence your perspective?
4. Have you ever seen how God is weaving all the chaos into something beautiful?
5. What might it look like to hold someone else's hope and faith for them? Has someone done this for you? How did it help?

THIS WEEK

In what things do you put your hope? What things do you say will bring you peace if you just had them? What might it look like define God's love for you by what He has already done for you, not by the circumstances of your life?

"I have **told** you these things, so that **in me** you may have **peace**. In this world you will have **trouble**. But take heart! I have overcome the world."

John 16:33

Other Scripture references: Hebrews 6:19, Ecclesiastes 4:9-12, Revelation 21:4