



SEASONS

DISCUSSION QUESTIONS

The Discipline of Hope

1 How would you describe your current season of life? How can you practice hope in that season?

2 When you hear the phrase “hope in God,” what comes to mind? What do you think biblical hope is (and isn’t)?

3 The sermon described the tension between “what I am experiencing” and “what I believe.” Can you think of a time when those two things felt in conflict?

4 In verse 4, the psalmist's memories of better days actually deepen his pain rather than comfort him. Has nostalgia for a past season ever made your present season harder rather than easier? How do you hold a memory as a gift without it becoming a trap?

5 Why do you think hope is described as a discipline rather than simply a feeling?

6 Hope always has an object. We put our hope in whatever we believe will secure us. Take an honest inventory: what do you tend to lean on for security, joy, or purpose besides God?

7 The psalmist asks God hard, unresolved questions (“Why have you forgotten me?”) without getting a clean answer. Why do you think it matters that these questions are preserved in Scripture rather than edited out?

8 What are some practices that help you remember God’s faithfulness when you are struggling?

