

PART 6: Hope In Our Heart

DATE: 08-11-2024

START

There are times when life can feel like a reality TV show. You are fighting to outwit and outlast the competition. But even though you're trying your hardest you still feel as if your torch has been extinguished. When life hits us in the face, we can still have hope in the pain.

- What reality TV show best describes your life?
- When have you felt that you lost at the game of life?
- Where did you find hope in the pain of life?

READ

[Psalm 34:17-18](#)

“The righteous cry out, and the LORD hears them; he delivers them from all their troubles. The LORD is close to the brokenhearted and saves those who are crushed in spirit.”

THINK

When we our hearts are broken God hears us when we cry out. He draws near and saves those who are crushed in spirit. We have all had moments when we've been crushed, and our hearts have been broken. But we can continue to rise in hope and stand firm with the help of the Holy Spirit to help others walk through their pain.

- What gives you hope in your pain?
- When has your pain helped someone else through their pain?
- How does knowing that God knows the depths of our pain help us to hold onto hope?

PRAY

Jesus, give me hope in my pain and allow me to hold on to the hope that you provide so that I can walk with others through their pain and point them to you.

ACT

This week, look for the hope in your pain and think about how it can help someone else through their pain.