

# HOLDING ON TO Hope

## Leader Conversation Guide – Holding on to Hope (Part II)

### Main Idea

This week, Pastor Curt continued series, Holding on to Hope, and he focused on the weight of stress and anxiety. Anxiety comes with weightiness, and when we experience weightiness, it leads to more anxiety. It becomes a cycle that too many of us are caught in. In Matthew 7:13, we read that the enemy is trying to take us down a pathway of destruction, but Jesus is wanting to take us down a pathway of life. No matter how stuck we are, there is a better path.

**"Be careful, or your hearts will be weighed down with carousing, drunkenness and the anxieties of life, and that day will close on you suddenly like a trap."**

LUKE 21:34 NIV

### A Better Path

1. Believe it's okay, not to be okay. Read 2 Corinthians 12:9. Paul recognized the worst part of his day was not when he said, "I can't". That was actually the point of growth in his life. That's when the power of Christ begins to work in our lives. A daily prayer we should pray everyday is, "I can't. I'm gonna let You."
2. Get completely honest with yourself. Read Psalm 139:23-24. Give God permission to look inside and reveal what's really going on. Lord point out anything that offends You, and point me to a pathway of life.
3. Get completely honest with others. Read Galatians 6:2. Without others in our lives, we have no hope. The church is the power of God at work, through the people of God.
4. Place dependency on God. Read Galatians 2:20. Things like stress and anxiety can reveal the self-dependency that we have. The areas the devil is trying to crush you, those are areas you need to surrender to the Lord. Live with a God dependence.

## Talk About It

- Which part of this message was most impactful for you and why?
- What can you do to keep yourself on the narrow path that leads to life in Jesus Christ?
- How can you best support those around you who are being weighed down in their lives?

# "Everybody has a plan until they get punched in the mouth."

MIKE TYSON

## Prayer

Father, thank You for providing a path of righteousness that leads to life. We know we often fall short of Your glory, but are thankful for Your forgiveness and open arms waiting to receive us. Holy Spirit, help us to remain focused on how we can best live our lives to bring You glory and honor. In Jesus' name. Amen.

## Leader Tip

Encourage Group members to invite their friends to become part of a Group. We are able to walk stronger when we walk together. [victorychurch.org/about/groups](http://victorychurch.org/about/groups)