

## Uncertainty

“There’s no place like hope”

Psalm 116, James 1:2-4, Romans 5:1-5

**Theme: “What to be grateful for in the middle of a pandemic”**

Read Together

**Psalm 116: 1-9, 17 (AMP)**

<sup>1</sup> I love the LORD, because He hears [and continues to hear] my voice and my supplications (my pleas, my cries, my specific needs).<sup>2</sup> Because He has inclined His ear to me, therefore I will call on Him as long as I live. <sup>3</sup>The cords *and* sorrows of death encompassed me, and the terrors of Sheol came upon me; I found distress and sorrow. <sup>4</sup>Then I called on the name of the LORD: “O LORD, please save my life!” <sup>5</sup>Gracious is the LORD, and [consistently] righteous; Yes, our God is compassionate. <sup>6</sup>☞The LORD protects the simple (childlike); I was brought low [humbled and discouraged], and He saved me. <sup>7</sup>Return to your rest, O my soul, for the LORD has dealt bountifully with you.<sup>8</sup> For You have rescued my life from death, my eyes from tears, and my feet from stumbling *and* falling. <sup>9</sup>I will walk [in submissive wonder] before the LORD in the land of the living.

<sup>17</sup> I will offer to You the sacrifice of thanksgiving, and will call on the name of the LORD.

**Some Questions for discussion:** (Do only what you have time for in your discussion today/tonight)

**#1 In Sunday’s message Andrew talked about redefining Hope. How do you define Hope?**

Andrew also spoke of four directions to make our way back towards Hope. They are listed below.

### **Four directions towards Hope**

1. Reflect on where you are (past or future, depression or anxiety)
2. Return to the present – Psalm 116: 7a - Return to your rest, O my soul,
3. Remember His promises – Psalm 116: 7b - For the LORD has dealt bountifully with you.
4. Recommit to walking with Him – Psalm 116:9 - I will walk [in submissive wonder] before the LORD In the land of the living.

**#2. James 1:2-4 encourages us to count it all joy in the midst of trials, but managing our thoughts can be challenging. How do you deal with depressive and anxiety provoking thoughts?**

**#3 Romans 5:1-5 speaks of the confidence and joy we have in our salvation that also helps us grow in character but what practices keep you grounded as you grow in Hope during times of uncertainty?**

**#4 In Psalm 116:17 the writer commits to thanksgiving and calling on the name of the LORD. What does daily thanksgiving look like for you during this period of life?**