

Introduction

? Have you ever experienced a season when you wondered where God was in the midst of hardship? If so, describe what that experience was like.

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? Who in your life do you most quickly turn to for support during seasons of distress? What do they base their advice or guidance on? Why do you seek them out, rather than other people?

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1. The Prayer of Desperation (Matthew 27:46; Mark 15:34; Psalm 22:1)

? How have seasons of desperation impacted your understanding of God's presence with you?

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? Application: Who do you know that needs the hope Jesus alone offers to confront difficulties and trials? How are you praying for Jesus to make Himself real to that person?

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2. Jesus Knows . . . (Hebrews 4:12-13)

? How does it make you feel when you consider the depth of what God knows about you? What impact does that have on the way you view others?

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? Application: With whom are you in regular, transparent conversation about how God's Word is changing and challenging you? How does that community help you in living out what God is calling you to next?

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### 3. Jesus' Suffering is the Pathway to Hope (Hebrews 4:14-16)

 Why is it important to understand that Jesus faced the same temptations and frailty that all humanity does? How does this reinforce the fact that Jesus knows what His creation experiences when they suffer or struggle?

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 Application: How do the suffering of Jesus on the cross and His experience of abandonment offer hope to you?

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### Conclusion

 Describe a time when you were encouraged by the words of a friend in the midst of great stress or difficulty? What did he or she say to change your point of view? What hope did his or her words give you?

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 How honest would you say you are with God about the condition of your life? How does realizing that He already knows what you are hesitant to admit change things?

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 Have you interacted with anyone lately who needs a word of hope? How can you initiate a conversation with that person to share the hope you have in Christ?

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### Daily Readings

- Monday - Romans 10:10-17
- Tuesday - Matthew 9:37-38
- Wednesday - 1 Peter 3:15

- Thursday - 1 Corinthians 9:22
- Friday - Matthew 5:13-16
- Saturday - Romans 1:16