



## Post Grad Group Agenda

### Lesson 25 – Week of April 13<sup>th</sup>

1. Mingling and catching up. (10 minutes)
2. Begin with a short prayer for your time together. (5 minutes)
3. Move to a time of accountability. (20 minutes) 
  - i. **Accountability Questions on your Work & Vocation**
    - Did you work diligently and with integrity as unto the Lord?
    - Were you content and thankful for your work circumstances?
    - How have you sought to balance work and rest wisely?
    - Did you let work become an idol?
    - How did you seek to serve others and glorify God in your vocation?
  - ii. **Homework**
    - Did you accomplish at least five devotionals this week?
    - Did you read *Future Grace*, Chapter 24?
4. Lesson Time. (40-55 minutes)  
  - i. Is there anything that stood out to you from this chapter? Any questions, observations, or encouragements?
  - ii. From page 299. How does Piper define “despondency,” and what root issue does he identify beneath it?  
**Answer: Despondency is more than a bad mood but less than clinical depression—a persistent spiritual heaviness common among Christians. Piper identifies its underlying root as **unbelief in future grace**, specifically doubting the goodness and sufficiency of God’s promises grounded in Christ.**
  - iii. From pages 300-302. What natural and physical factors does Piper acknowledge can contribute to despondency?  
**Answer: Piper notes several contributing factors: Personality and hereditary tendencies. Physical conditions (fatigue, illness, pain). Family conditioning and learned behaviors. These show that despondency is complex, involving body, mind, and environment—not just spiritual causes.**
    - a. From page 302. Despite these complexities, what does Piper identify as the “ultimate cause” of despondency? **Answer: Unbelief – specifically, failing to trust God’s Word and promises.**

- iv. From page 303. How does Psalm 73:26 illustrate the proper response to despondency?  
**Answer: The psalmist acknowledges weakness—“my flesh and my heart fail”—but immediately counters it with faith: “God is the strength of my heart.” This models how believers fight despondency by asserting God’s promises against their feelings.**
- v. Are you spiritually weary, cynical, or joyless? What promises of God are you neglecting or doubting?
- vi. How has past disappointment shaped your present outlook—and how could faith reframe it?
- vii. What would it look like to fight despondency not by emotional effort but by active hope in God's future grace?
- viii. In your group’s prayer time, ask the Lord to lift your eyes from your discouragement to His unchanging promises. Pray that hope would rise where joy has faded, and that trust in His future grace would renew your strength like the eagle’s.

5. Prayer time (15 minutes) \_\_:15 - \_\_:30 \_\_:30 - \_\_:45

- i. Ask for specific prayer requests from members.
- ii. Pray for one another as you wish.
- iii. Write down these prayer requests so you can follow up in the next meeting.

## HOMEWORK

### Week of April 20<sup>th</sup>, 2026

- i. Read *Future Grace*, Chapter 25 and answer the questions, which can be **found online**.
- ii. Decide who will be facilitating next week. The agenda can be **found online**.

\*\* Make sure you fill out the “Weekly Feedback Form” and the “Post Grad Group Facilitator Evaluation” at <http://gracehamptons.org/postgrad>