

What Are You Standing On? John 16:1-6, 33

You Can Have Unshakable **peace** amidst unbelievable **stress**.

Jesus is a "**realist**." He reminds us we will have **trouble** in life.

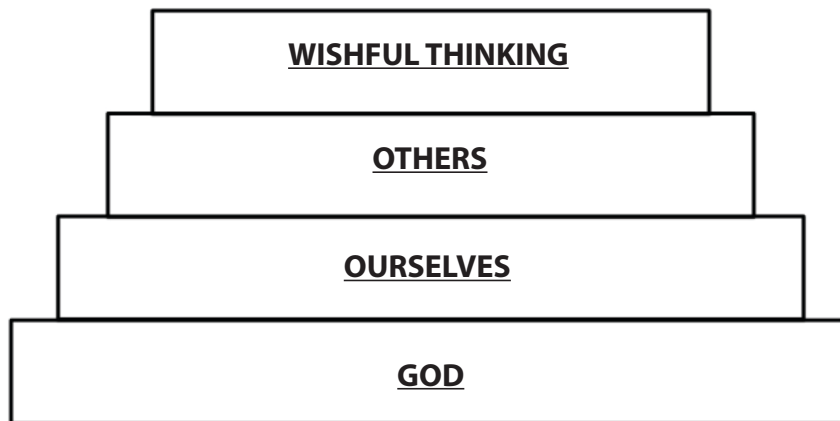
- Trouble **produces** stress.
- Stress **breeds** anxiety.
- Anxiety **fosters** fears.

Today: Exploring the tie-in between peace and **hope**

(Romans 15:13; I Tim. 6:17; Ps 62:1-2; Ps 16:8 – 9; Is 40: 31; Hebrews 10:23)

Hope

What are you standing on?



Trusting in any **false** hope will leave us weary, worn-out, discouraged, disappointed, and depressed.

Where we run to in times of storms or times of stress reveal our "**idols**."

The **Rope** of Hope (I Peter 1:3-6)

LifeGroup Questions: Applying the Teaching to Our Life

1. Currently what is causing the most stress, anxiety, or fear in your life?
2. When you unravel that string and get to the root, what is the reason (root cause) for the stress, fear, or anxiety?
3. In answering the question "what are you standing on?" which one of the four options do you lean/ gravitate toward?
4. During times of storms and stress what idols are you most tempted to run to?
5. What situations in your life right now do you need to hang on the Rope of Hope?

Core CHRISTlike Characteristic:

Connected to God through the Word and Prayer/Loving God