

Small Group Notes

HOPE | Week 1 “Anchor for Our Soul”

We can live for a month without food, days without water, and seconds without air. But we cannot live a moment without hope. The human soul must have hope. We thrive on it and cannot survive without it. The Bible teaches real hope is not psychological but theological. It's bigger than optimism, better than a good attitude, and more powerful than wishful thinking. Our hope is certain and sure. When the storms of life toss us, we have an anchor for our souls. The promise of Jesus and the truth of who He is anchors us. He is unchanging. He cannot lie. He is our everlasting hope and our hope in His promises remain.

CONVERSATION STARTERS

- If this is the first meeting for your group or there are new people in the group, go around and introduce yourself.
- When you were young, what was something you greatly hoped for? If you received it, how long did the excitement last?
- Has the nature of what you hope for now as an adult changed from when you were young? What are the things you most hope for now as an adult, especially now living through this season?

SERMON NOTES REVIEW

- Looking back at your sermon notes from this weekend's teaching, was there anything said that caught your attention, challenged you, or confused you?

WATCH THE VIDEO

[\(Watch The Video Here\)](#)

GROUP DISCUSSION

1. Lately, what area of your life have you felt the most concern?
2. Read aloud [Hebrews 6:18-19](#). Chad stated we have three kinds of hope: Wishful, Expectant, and Certain. Our “certain hope” is based in the person of Jesus.
 - What are the three greatest tests in your life right now?
 - How could these areas transform your thinking and actions if you were to place your hope in the promises of God?
 - What is your “certain hope” in these areas?

3. As we just read, [Hebrews 6:19](#) tells us the “certain hope” God provides is an “anchor to our soul.” Without this anchor, we will often begin to drift away from our faith and gratify our soul through other means such as alcohol/drugs, relationships, government, and the list goes on. In order to stand firm and remain steady in the storm, we must learn to lean on God’s promises. Read aloud [Isaiah 43:2-3](#).
 - What “promises” in this verse do you need to hear and lean into right now?
 - How can this change your daily focus and “lead you” to where you need to be?

4. Chad gave three great ways to take hold of the hope we have. Which of these will be most beneficial to you and why?
 - Choose praying over panicking.
 - Choose worshipping over worrying.
 - Choose what God has spoken over your emotions.

PRAYER

[Matthew 6:9–13](#)

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.

ACTION ITEMS

Commit to these four things:

1. Attend a service every week ([live.sv.cc](#))
2. Join a group ([groups.sv.cc](#))
3. Watch the daily devotionals ([daily.sv.cc](#))
4. Attend Midweek Prayer Gatherings on Wednesdays @ 7:00 pm ([live.sv.cc](#))

Sign-up to take the challenge to participate in all four of these at [hope.sv.cc](#)