

From Disappointment to Hope

Journey Togetherish Lesson 1

Mustang UMC

In this video, we looked at the story of Joseph and how he held onto hope during difficult adversity. Pastor Aaron also quoted Romans 5:3-5 which says, **“Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.”** Experiencing God’s grace in the middle of disappointment creates in us the ability over time to be hopeful in all circumstances.

God cares about our disappointments. God cares about the challenges that we go through, so it is important to name them and to express our feelings, while also maintaining our ultimate hope in Jesus Christ. **As you discuss, remember that naming things is an important part of experiencing healing.**

Below are some discussion questions. Please do not feel that you must answer every question and instead trust the Holy Spirit to guide your conversation. Remember to give all people an opportunity to share.

- *What phrase, image, scripture or idea stood out most to you during the video?*
- *How have you seen God’s grace in the past as you have experienced disappointment? Be specific.*
- *Over these past couple months, what has most disappointed you? Be specific.*
- *How do you hold onto God’s goodness during disappointments?*
- *How does the phrase, “God cares more about who you become, then what you do or what happens to you” resonate with you? What challenges does that phrase have for our time now?*
- *How can we pray for each other during this time?*

At the conclusion of your time, have someone pray for each other and for God to guide us as we move from disappointment to hope.