



Introduction

When we experience a loss, it often causes us to lose hope. But hope can be restored if we fix our hearts and eyes on something other than what was lost.

Discussion Questions

1. Is hoping the same as wishful thinking? Is hopelessness defined as an absence of wishful thinking? How would you define hope?
2. Are you in control of your feelings, or are they in control of you? How easy or difficult is it for you to direct or focus your feelings?
3. Read 2 Corinthians 4:16–18. The passage suggests that an outward loss can lead to an inward gain, and momentary troubles can lead to eternal glory. What are some personal real-life examples of these comparisons?
4. What does it mean to fix your eyes on what is unseen?
5. Read John 16:33. Jesus offers encouragement in this verse. What does it mean in a practical sense to “take heart in Jesus”? What can you do this week to fix your eyes on Jesus?

Moving Forward

You may be experiencing a tremendous amount of loss in this season, but it doesn't surprise Jesus. He knows that life causes trouble. He also knows that our hope doesn't have to correspond to our loss. We can direct it toward things that are unseen or yet to come. This isn't in a minimizing “your-loss-isn't-a-big-deal” way, but in a “you-may-gain-much-more-than-you-lost” way. As a result, taking heart in Jesus can keep you from losing heart in a loss.

Changing Your Mind

In this world you will have trouble. But take heart! I have overcome the world.

– John 16:33