

From Heartache to Hope

Before we start...

Are you currently in crisis mode? If so, take some time to reflect on those circumstances. Consider writing a prayer to God, asking Him what He has for you in this session. If you don't feel you're in the middle of trauma now, think of a time when you were. What was happening? How did you feel? Ask God to help you process your past in light of His truth.

If it's helpful, you may choose to use the following questions to guide your thoughts and prayer time as you prepare your heart and mind for the beautiful work of the Holy Spirit. Or perhaps use them as you lead a small group discussion and share what God laid on your heart during this session.

- When have you experienced heartache? (Think back to your childhood and teenage years too! You may think that some of those concerns seem shallow compared to later difficulties, but they are nevertheless real.)
- How has heartache affected your marriage? Your family?
- What do you do when things seem hopeless?
- What questions do you have for God in your current circumstances?
- When have other people been helpful during times of crisis? When have they been...not so helpful?!
- What do you desire for God to do in and through you today? Your husband? Your marriage?

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Let's Dig in!

The principles we'll discuss today will help you be proactive in moving from HEARTACHE to HOPE.

Romans 5:1-5, our guide as we examine 3 actions we can take to harvest hope out of heartache:

- _____ yourself on a _____ of _____
- _____ yourself for _____
- _____ yourself for a season of _____

Romans 5:1-2...Center Ourselves

Some session points are noted here for reference...

- We are justified through faith in Jesus, who took our punishment.
- By GRACE we have been saved through faith.
- Those who accept God's salvation have true, lasting PEACE.
- Through Jesus alone we gain access to grace.

What stands out to you from this passage?

The Greek word for ACCESS means _____.

A note on the usage of this word refers to "that relationship with God whereby we are acceptable to him and have assurance that he is favorably disposed toward you and me." (From the Blue Letter Bible app.)

This helps us "rejoice in the hope of the glory of God!"

But...what if we don't feel like it?! Your thoughts?

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Romans 5:3-4... Educate Ourselves

The Greek word for SUFFERING means _____.

The Greek word for PRODUCES means _____.

This passage says "suffering produces _____."

When are some times suffering has produced perseverance, even if it came reluctantly? (This can be from your own life or from Scripture.)

Verse 4 says that perseverance produces _____.

When has this happened in your life?

Romans 5:5... Position Ourselves

Verse 4 ends telling us that character produces _____.

This hope is a joyful, confident expectation of _____.

The Greek word for DISAPPOINT/PUT TO SHAME has the idea of being "deceived by hope." Have you ever felt your hopes were completely dashed? When and why did that happen?

Note that we have true hope both in our eternal future AND in the here and now! Embracing this hope helps us position ourselves for what God is going to do in and through us.

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Moving Forward...

Here are some questions you may wish to pray about and consider as you process what you've learned and seek to apply God's truth to your life.

- How have you and your husband centered yourselves on a foundation of truth? Is your foundation solid? Why or why not?
- What steps might you need to take to educate yourself in whatever pressing situation you are currently facing for forward movement? Think in terms of both practical and spiritual knowledge and wisdom.
- How are you positioning yourself to be prepared for what God desires to do in your life and marriage? In what ways do you find yourself faithfully waiting on the Lord--or perhaps needing to wait on the Lord?!
- On which step (center/educate/position yourself) do you most need to take action? How will you do this?
- What hope can you personally harvest from the heartache you've felt?
- How might that hope strengthen your marriage?
- Who are some people in your life who need to hear your testimony of moving from heartache to hope?

The Blessing of Romans 15:13

May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with HOPE by the power of the Holy Spirit.