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USE THESE QUESTIONS AND RESOURCES TO HELP YOU PROCESS THE MESSAGE IN YOUR PERSONAL STUDY TIME OR WITH YOUR GROUP.

**Message Recap:** Have you ever found yourself anxiously waiting for the calendar to flip from one year to the next on New Year's Eve because you were ready for a fresh start? New year, new you, right? But what if the new year comes with more of the same? What do we do if our bending finally leads to breaking? There are some things in life that we just have no control over. So what do we do when our bending point becomes our breaking point?

### » Main Points

- Jesus came to eliminate hopelessness.
- Jesus doesn't just want us to survive but to thrive.
- What is your hope set on?
- You are never alone. You are deeply loved. Jesus always wins.

### » Observation

- Read and reflect on John 16:33; Hebrews 6:19; 1 Peter 1:13
- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses? Why?

### » Discussion Questions

- **"I've reached my breaking point!"** When was the last time you felt like you reached your breaking point?
- What factors tilt an experience from being something that causes you to bend to something that causes you to break?
- How would you define "hope?" Is hopeful thinking the same as wishful thinking? What's the difference?
- Reread John 16:33. Jesus communicates the realities of peace, trouble, and hope. What makes Jesus so confident that he can overcome the world?
- What are some of the anchors in your life? How are they directing the direction of your life?
  - Reread 1 Peter 1:13. What does it mean to set your hope on Jesus and his victory in this life?

### » Next Steps and Prayer

- Words like "hope" and "victory" sound so positive, which is why they're used so often during the most difficult times in life. What is it about Jesus that allows words like "hope" and "victory" to be more than just platitudes but realities that can help you actually overcome the darkest moments in your life?
- Close by praying that you would recognize Jesus as your anchor and that you can find ways to set your hope on him and his victory.

"I have told you these things, so that in me you may have peace.

In this world you will have trouble.

But take heart! I have overcome the world."

- John 16:33 -