



Hope For Tomorrow: Actions | May 13, 2020

Discussion Guide

The Scoop

Sometimes when it comes to our faith we get bored, and we just don't "feel it." The crazy thing is that doing something about it is actually the answer to doing something about it.

Key Verses

James 2:18

But someone will say, "You have faith; I have deeds." Show me your faith without deeds, and I will show you my faith by my deeds.

Discussion

Most of our faith is mainly thoughts. We consume sermons, we read the Bible, and we pray. This is all good, but if we never take action on our thoughts, we may start to move further away from hope. The answer to doing something about this is actually doing something about this. Whether we think without acting or act without thinking, the outcome leads us down a meaningless path and away from fulfillment.

1. Can you think of a time where you overthought something and it caused stress or anxiety?
2. What about the opposite, has taking action caused issues for you or has it relieved stress?

The first three steps in Hope Theory are 1. big picture, 2. thoughts, and then 3. action. We are not advocating for acting without thinking, but rather we are challenging thought without action. This process is a pathway to build hope and maintain a hopeful outlook for ourselves and its impact on the lives of others. Dale Carnegie once said that, "Inaction breeds doubt and fear, action breeds confidence and courage."

3. Can you examples of action and inaction around you right now? Describe the positives and negatives of each.
4. Of the recent positive actions that you have witnessed, how have they impacted other people? Have you been positively affected or encouraged by anyone's taking action recently?

In James 2:18, the Bible asserts that faith should cause action, "... I will show you my faith by my deeds." We often get in the habit of separating our thoughts from our actions, and the truth is that we cannot truly benefit until we merge the two together. We can read all of the Bible verses, and hear thousands of the sermons about how to best live our lives and help others, but without taking action, these thoughts are only internal. The additional energy we give to thoughts without action, leads to doubt and fear as Carnegie suggests.

5. Who is someone in your life that tends to lead actionable by example? How to their actions help better themselves and others?
6. What are some positive actions you have taken in the past? How did these actions help you achieve your goal?

What's Next?

This week, as you think through your thoughts for your future, think about the actions that you can take to make a difference. Think about how you can merge your thoughts with your bigger picture. Created a small list of 2-5 action steps that can help you move, and then take action! Take action and do something that will better you, your community, and those around you. Check out our 5-minute faith journal for some guided prompts on the way we think about our daily lives in connection with our faith & action!

You can find a template of our 5-minute faith journal at faithinfive.com to further engage your goals and connect them with your faith.