



Hope For Tomorrow: Growth | May 20, 2020

Discussion Guide

The Scoop

The hard thing about growth is that it takes us from where we are to where we could be. It reveals a gap, and in that gap we see weakness.

Key Verses

Matthew 14:29-31 NIV

"Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"

Discussion

Humans are uniquely wired for growth. We are wired to solve and accomplish, but also to protect ourselves from danger. Often these two perspectives are in conflict within ourselves and this causes stress and worry. A growth mindset identifies a gap between where we are and where we could be. If we can learn to lean more towards a growth mindset instead of seeing weakness, we start to experience more hope than disappointment.

1. In what ways can you identify that you are wired for solving problems and accomplishment?
2. In what ways do you experience fear, stress, and worry in the gap between who you are and who you are becoming?

Growth is the fourth component in Hope Theory; in this series we began with 1. examining the big picture, 2. centering our thoughts, 3. taking action. As we begin to examine growth and how it applies to our own lives, let us consider how we mindfully approach challenges, and how we may lean into adversity to experience meaningful growth.

3. Can you think of a time that you succeeded in overcoming a challenge? What did you feel like in the midst of the challenge? What did it feel like to overcome? What emotions did you experience (both good and bad)?
4. Can you picture your life without having been through that challenge? Would you have more or less hope?

Matthew 14:29-31 tells of Peter talking with Jesus amidst a storm at sea. When Jesus asks Peter to "come" and follow Jesus outside of the boat, Peter takes a step but begins to sink and cries out, "Lord, save me!" Jesus seems to believe in Peter more than Peter believes in Peter. You can almost feel Peter getting stuck in the gap between where he was (the boat) and where he was going (walking on water). He crumbles in the gap. Jesus invites us into the gap, and he believes in our ability in that gap. As we experience things greater than we have ever been able to experience or achieve, we rely more on Jesus and we experience more hope as a result.

5. As you examine your goals within Hope Theory, what are some immediate opportunities that you can get out of the boat? What is God calling you to that you have yet to do or accomplish? What are your fears in the gap?
6. We often focus on the negative outcomes in this selection of verses from the bible and in our own lives. Jesus seems to do the opposite. He believes in Peter, and he believes in you! What are some beneficial outcomes of taking a step towards your goals?

What's Next?

As you live out your faith this week, pay attention to the areas that cause fear and challenge you. In that fear, focus on Jesus. He is inviting you to get out of the boat. Choose to lean in with a growth mindset just as Peter did when he stepped out of the boat into the uncertain waters. Don't give in to believing you are inadequate once you take the first step. Do something new, challenging, and scary this week and ask Jesus to come alongside you as you do.

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.