

Kingdom Emotions: Anxiety & Hope  
Kyle & Janae Collins  
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**Reflection & Discussion Questions**

**Anxiety and hope may seem like an unlikely pair**

They are both rooted in a future-oriented way of thinking.

- \*How do you define anxiety? Hope?
- \*What is your current experience of feeling anxiety? Hope?
- \*What characteristics do these emotions two share?

**Jesus displays anxiety in the garden of Gethsemane**

Read and discuss Luke 22:39-46 (NIV)

<sup>39</sup> Jesus went out as usual to the Mount of Olives, and his disciples followed him. <sup>40</sup> On reaching the place, he said to them, "Pray that you will not fall into temptation." <sup>41</sup> He withdrew about a stone's throw beyond them, knelt down and prayed, <sup>42</sup> "Father, if you are willing, take this cup from me; yet not my will, but yours be done." <sup>43</sup> An angel from heaven appeared to him and strengthened him. <sup>44</sup> And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

<sup>45</sup> When he rose from prayer and went back to the disciples, he found them asleep, exhausted from sorrow. <sup>46</sup> "Why are you sleeping?" he asked them. "Get up and pray so that you will not fall into temptation."

- \*What do we see about anxiety in this passage? How do we see Jesus deal with these emotions?
- \*Do you see any evidence of Jesus experiencing hope in this passage?
- \*Does the idea of Jesus experiencing anxiety make you uncomfortable or bring you peace? Why?

**Biblical hope is based on a person, not a circumstance**

God offers relationship - Himself - to us as we seek to notice, name and navigate our emotions.

- \*How do you notice anxiety in yourself? What flags do you see?
- \*Why is it important to name anxiety?
- \*How have you navigated anxiety in the past?

**God's people throughout all of time and history have cultivated a habit of hope**

If we want hope to grow in us, then we must look back to the risen Jesus in order to look forward.

- \*How does the ways God has shown up in the present and past give you confidence in the ways He will in the future?
- \*What habits and patterns or practices cause hope to grow in us or rob us of hope?
- \*In whatever you are facing in this moment, what might it look like to wait on God?
- \*What is the Spirit showing you about your own anxiety?
- \*What step can you take in the ways you cultivate hope in your life?