



We've weathered storms before. We've had rough patches that have left us feeling beaten up and forgotten. As long as there's a pinhole of light at the end of the tunnel, a glimpse of hope, we can hang on. But what if the light is nowhere to be seen, the hope nowhere to be found? When the darkness closes in, is there a way to light our candle and take the next step? Is there hope?

One of the most quoted Old Testament passages is Jeremiah 29:11. What is often overlooked is that the people to whom God was speaking wanted nothing to do with God's plans. God's plans were for them to remain in Babylon, away from their home in Jerusalem, for seventy years. Psalm 137 is the painful response of the people to their exile. Together these passages have much to teach us about living toward hope while in the midst of painful and hopeless situations.

- Open with prayer.
- If your groups is new, give everyone time to introduce themselves.

CONVERSATION STARTERS

- When was the last time you wrote a letter to someone? Do you enjoy writing letters? Why or why not?
- Have you ever song a solo? Do you find it harder to speak or sing in front of a group?

REVIEW

Together, open your Bibles and read from **Psalm 137 & Jeremiah 29:1-14**.

Share your favourite points from the weekend sermon. What spoke to you? Share a phrase or moment that you related to the most, or a question you may have from the weekend.

DISCUSSION QUESTIONS

- Take a moment now and pray for our city, wherever God has placed you. Pray for the people that God has placed in your sphere of influence.
- Have you or a loved one ever experienced deep grief? What happened? How did you work through it?
- Have you ever experienced feeling like you are in a “foreign land”? How did you learn to feel “at home”?
- Do you think God uses evil to accomplish good? What would that look like? What support do you find for your answer in Scripture?
- Have you ever seen God bring good out of a bad situation, as in verses 11-14? What happened?
- How does knowing the context of these verses help us apply Jeremiah 29:11 to our lives today?
- How do these verses apply to your life? What will you do about it?

PRAISE & PRAYER POINTS

Share what God is doing in your life and spend some time praying for each other's prayer requests.