



## There is Hope

Adapted from “Shipwrecked” series by Rod Loy.

When you think of the storm in your life, one word may come to mind. It may be divorce, death, suicide, cancer, terminal, bankrupt, homeless, addicted, attacked, indicted, fired, guilty or a plethora of one word descriptors. When you are in a storm, you struggle with many emotions. The emotions may range from fear, loneliness, to discouragement. How do you emotionally survive a storm? Paul faced many storms. As a man, we can glean from his life. From Paul, we can learn there is hope in the midst of a storm.

“Scripture quotations are from the ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved. May not copy or download more than 500 consecutive verses of the ESV Bible or more than one half of any book of the ESV Bible.”

## COURAGE

**C1:** Describe a life storm you remember from your past or describe one you are in currently.

**C2:** Write out the emotions you felt in the midst of the storm. Beside each emotion list the questions that were or are going through your mind?

**C3:** How did or are you surviving the storm?

## STRENGTH

**S1:** In a storm, it is easy to be consumed with ourselves. Read and answer the following.

### **Acts 27:25–26 (ESV)**

- From these verses, what can you glean that Paul did in the midst of his storm?
- How does focusing on others help you in the midst of your storm?

**S2:** Paul always seems to be realistic about his situation. Read and answer the following.

### **2 Corinthians 12:9–10 (ESV)**

- From these verses, what can you glean about your weakness?
- On a scale of 1-4 with 1 being very much and 4 being not very much, rate yourself on how well you boast about your weakness. Why don't you boast more?

**S3:** The storms of life can get very rough. Read and answer the following.

### **Acts 27:27–31 (ESV)**

- From these verses, what three things you glean about storms?
- Have you ever been in a life storm and tried to take a short cut to get out of the storm? What happened?

## ENDURANCE

**E1:** Read and answer the following.

### **Acts 27:33–34 (ESV)**

- From these verses, what do you glean about storm survival?
- On a scale of 1-4 with 1 being very well and 4 being not very well, rate how well you take care of you. Write out a plan to improve your self-care over the next 90 days.

**E2:** Read and answer the following.

### **Acts 27:35 (ESV)**

### **1 Thessalonians 5:16–18 (ESV)**

- From these verses, what did Paul do in the midst of his storm?
- Make a list of things for which you are thankful.

**E3:** Read and answer the following.

### **Acts 27:35–44 (ESV)**

- From these verses, what are two things you can glean about Paul's actions in the midst of a storm?
- Write out a plan to increase your confidence in God.