



## So You've Had a Bad Week? Jeremiah 29:10-14

This sermon, rooted in Jeremiah 29:10–14, explores how God's plans for hope and a future often unfold through seasons of hardship and disruption. Faith is forged not on the mountaintops but in the valleys. Like the Israelites in exile, we are often refined in difficulty, where God's presence becomes most real. The sermon challenges us to recognize that grief, anger, and doubt are natural responses to suffering, but ultimately invites us to respond with trusting surrender to Jesus—the true anchor of our souls—whose yoke is easy and whose burden is light, even in the storm.

### 1. Where Have You Seen God in the Storm?

Jeremiah 29:11 reminds us that God has plans for our good, even in exile. When have you experienced hardship that later revealed spiritual growth or renewal? How did you sense God's presence during that time (or how do you wish you had)?

## 2. How Do You Tend to Respond When Life Gets Disrupted?

The sermon discussed grief, anger, doubt, and surrender as responses to suffering. Which of these have you experienced recently, and how have they shaped your faith journey? What does "trusting surrender" look like for you right now?

3. What Are You Anchored To? The sermon uses the image of Jesus as a "harbor of refuge" and an "anchor for the soul." When life gets hard, what do you instinctively turn to for comfort or stability?\* How can we intentionally anchor ourselves in Christ instead?\*

4. Why Does God Allow Suffering? The exile was part of God's plan to purify and renew Israel, even though it was painful. Do you believe that God can use suffering for your good? Why or why not?\* How does the vineyard story of "stressed grapes" impact your understanding of spiritual growth?\*

5. What Does It Mean to Choose Jesus' Yoke? The sermon ends by contrasting the yoke of Babylon with the yoke of Christ. In what areas of your life are you tempted to be "yoked" to the world instead of Christ? What would it mean for you this week to take on Jesus' easy yoke and find rest for your soul?

