

WELLSPRING

WORSHIP CENTER

"There is Hope" Reflection Questions 10/04/2026

1. What part of the message or the pastor's testimony stood out to you most, and why?
2. The pastor once believed that Christians—and especially pastors—could not experience depression. How can that assumption affect someone who is struggling?
3. He described praying while feeling that God was silent. What helps us keep turning to God when we don't sense His response?
4. The song the pastor sang asks God to "calm my heart." Has worship ever helped you during a season of fear or emotional turmoil?
5. The pastor's family struggled to understand what he was experiencing. What can we learn about supporting someone whose pain we don't fully understand?
6. Read Job 14:7–9. What does the picture of a cut-down tree sprouting again communicate about hope?
7. Have you experienced a setback that made an area of your life feel like a "cut-down tree"? Did you find it encouraging when the pastor say, "As long as you still have roots, you have hope."
8. Read John 7:37–38. What might coming to Jesus and drinking look like in your daily life when you feel spiritually or emotionally dry?
9. Read Psalm 142:4. How can Wellspring help people who feel that no one notices or cares about their suffering?
10. Read Lamentations 3:21–23. What truths does the writer deliberately call to mind, and how can we practice that when discouragement wants to dominate our thoughts?
11. The pastor described how his suffering helped him recognize the pain of others. How might God use something you have walked through to help you care for someone else? (see 2 Cor. 1:3-4)
12. Where do you need renewed hope today, and how can your life group pray for you and support you this week?