

## Home Group Leader Discussion Guide

### Advent Week 1: *"Hope in the Midst of Disappointment"*

- Q. Share a disappointment you have experienced.  
(\* \*\*HG Leaders: The level of disappointment that will be share—minor or major—will likely be set by who goes first. I would personally recommend that you go first and set the depth level you desire.)
- Q. Are you honest about the disappointments you face or do you try to minimize them? Explain.

From The Sermon: "The ABC Theory of Emotion" by Albert Ellis

A = Activating Event (or antecedent)

B = Beliefs

C = Consequences

Using the apostle Paul's experience...

A = Being in jail for the gospel (life is difficult/tough)

B = Jesus is Lord

C = I will rejoice

- Q. Using an event, or situation/circumstance from your own life, walk through the "ABC's". The most important element is B (beliefs). We all have our "stated beliefs" and our true/actual beliefs. As you walk through the ABC's, what do you notice about your beliefs? (Have your friends in HG speak into this too.)
- Q. Of the ABC's the one we have the most control over is B. Yet, we often spend a lot of time and energy trying to change or control A. Can you give an example of how you've tried this?
- Q. Often times we want (maybe even expect) God to change or control A for us. In reality, He already did. Jesus lived, died, and rose again, and is enthroned as the rightful King. This is the "activating event" that supersedes all other/lesser event. This is what our beliefs are based on, out of which we can chose our emotional outcome/results. So, the question becomes, "How do we allow this to become the overriding event that our lives are based on?" (FYI...part of the point and purpose of Home Group is to encourage one another with this foundational event, and remind each other of it, and help each other to respond consistently to it.)
- Q. Generally speaking, would you say you function from a hopeful outlook? Explain. (Would others agree with your assessment? Perhaps those around you.)

Here is a list of some of the verses that were referred to for encouragement near the end of the sermon:

I Corinthians 1:9

Lamentations 3:22-23

Isaiah 40:28-31

Isaiah 41:13

Isaiah 64:4/I Corinthians 2:9