



## Sermon Discussion Guide

Nov. 29 & 30, 2025

"Is There Any Comfort for the Christmas Blues?"

[Isaiah 40:1-2, 27-31](#)

This Advent, we will dive into questions about this season that impact our everyday lives. Questions about the Christmas blues, prophecy, peace, and joy. Join Hope this Advent as we prepare our hearts and minds to celebrate the greatest gift we have ever received—Jesus.

### PRAY & CONNECT

Open in prayer and invite the Holy Spirit into your conversation. Ask God for wisdom and discernment and trust him to guide you. Take time to recap the message or view it on [hopeonline.tv](https://hopeonline.tv). Did you have any ah-ha moments where you felt convicted, compelled, or inspired during the sermon? What's been on your mind this week? Have you been able to apply the message to your everyday life?

### GROW

Read [Isaiah 40:1-2, 27-31](#) – **"Comfort for God's People" & "The Lord Has No Equal"**

- When life feels out of balance or not "the way it's supposed to be," how does it help to know that God sees every detail of your situation?
- What does it look like to rely on God's strength instead of your own? How could you turn to him more quickly when fear or sadness hits? Where do you see signs that he might be carrying you even when you don't notice?
- Advent is a season of waiting, and waiting is uncomfortable. What makes trusting God's timing so difficult in this season? What would it look like to wait patiently on the Lord this week rather than rushing to fix everything yourself?
- How could connecting more deeply with God and his people help renew your strength?

Read [Lamentations 3:19-24](#) – **"Hope in the Lord's Faithfulness"**

- When life feels dark or disappointing, what are the honest feelings you tend to hide from God? How does this passage show that God invites us to bring him every emotion? What might you say to God today if you didn't feel like you had to clean it up first?
- Jeremiah admits that the pain "will never be forgotten," yet he still chooses hope. Where do you see that tension in your own life?
- What helps you remember God's faithfulness when everything feels fragile or uncertain?
- Where are you longing for God's light to break through your darkness today?

Read [John 16:22](#) – **"Sadness Will Be Turned to Joy"**

- What sadness or disappointment are you carrying into this season? How does it help to know Jesus understands your emotions fully?
- Jesus says, "You will rejoice, and no one can rob you of that joy." What things try to steal your joy right now (stress, grief, loneliness, expectations)? How does the promise of Jesus' presence give a different source of joy than circumstances can?
- Where do you see joy already breaking through even when life isn't the way it's supposed to be?
- When you feel overwhelmed by waiting, grief, or fear, how does knowing the ending of the story change the middle of it?

Read [Psalm 27:14](#) – **"A Psalm of David"**

- What part of waiting on God feels most challenging for you right now? Can you think of a time when you saw God working even though you had to wait? What helps you believe God sees you in the waiting?
- Why do you think Scripture connects waiting with courage? Where do you notice fear creeping in when life feels uncertain or not how you expected? What might it look like to take one brave step of faith while you wait?
- When waiting feels long or heavy, who helps remind you of God's promises and presence?
- What difference does hope make when circumstances don't change quickly? How could remembering Christ has already come, and will come again, give you strength to keep going?

### APPLY

Pick one of the applications below to put into practice this week.

- **Be honest in prayer.** Set aside five minutes each day to tell God the truth about how you're doing; no filters, no pretending. Share both the joy and the ache with him.
- **Reach out for support.** Instead of isolating when you feel down, intentionally connect with one trusted person. Send a message, make a call, or share a coffee, and invite encouragement into your waiting.
- **Bring comfort to someone else.** Choose one person who may be struggling this Advent with grief, stress, loneliness, or sickness and do a specific act of care: deliver a meal, write a card, shovel a driveway, or simply sit with them so they're not alone.