

New Hope Small Group and Family Worship 5/31/26

1. **Scripture reading** (Consider reading aloud): 1 Peter 2:24, 1 Corinthians 15:57, John 16:33
2. **Prayer** - I recommend taking a couple of minutes to pray. If you are with family or in a small group you may want to take turns praying out loud.
3. **Worship playlist** – Consider singing along with our YouTube worship playlist: [May 31 Worship - YouTube](#)
4. **Video message**: Watch the video message on the YouTube playlist. Here is a direct link: [Defeating Our Demons: Anxiety, Despair and Bitterness](#)
5. **Final song**: Watch the last song on the playlist.
6. **Discussion questions**: If you are watching alone, please consider calling someone this week to discuss your answers. If you are not sure who to call, please text me (Ben 814-880-3049) and we will help you connect with someone.
 - a. Why are people more comfortable receiving physical help than mental or emotional help?
 - b. What are some “demons” that oppress people and keep them from experiencing the joy and peace of Jesus?
 - c. Why might someone suggest that anxiety is a reasonable response to life? How does Jesus change the way Christians respond to the world?
 - d. What do you do when you pray and anxiety does not go away?
 - e. How might Matthew 6:33 relate to anxiety?
 - f. What is despair? What is depression? In what ways are they similar? How are they different from one another?
 - g. What do you think it looks like to win, “the battle of the mind”?
 - h. If joy comes from being like Jesus, then what does Matthew 20:25-28 teach us about kingdom joy?
 - i. What might it look like to, “cast our anxieties on Jesus”? (1 Peter 5:7)
 - j. What is bitterness? In what ways is it like poison?
 - k. What is forgiveness? How does forgiveness prevent a person from accumulating a collection of hurts?
 - l. What makes forgiveness difficult?
 - m. Why do you think God insists that Christians forgive? (Matthew 18:23-35)
 - n. What is a “demon” you are currently struggling with and what might it look like to have victory?

Close in prayer

Helpful Information:

- We would love to have you **get more involved** in our faith community. If you would like to receive weekly emails about upcoming events please contact Pastor Ben at benorshannon@gmail.com and we will add you to our list.
- Another way to get more connected is by clicking the [like](#) and [subscribe](#) link below one of our videos. You will then receive notifications when new content is posted.

- If you are interested in getting involved in a small group Bible study, please text Ben (814-880-3049).

How to give to New Hope:

Thanks for your interest in supporting the ministry of New Hope. Here are three ways to give:

- a. Write and mail a check to: New Hope Church
 PO Box 194
 State College PA 16804
- b. If you use online banking, you can send a check directly to the address above.
- c. You can also give securely through PayPal or with a debit or credit card. Information and a direct link can be found on our website at: www.newhopesc.org/giving