



LOOP Study Guide You Have Access Week 6

Key Scripture:

Romans 5:1-5; Mark 4:35-41

Theme: The Anchor of Hope

L – LOOK (Observe the Message & Scriptures)

Main Theme

The Christian life is not built on wishful thinking. Biblical hope is a confident expectation anchored in the character of God.

Romans 5 gives us the progression of faith:

- Trials introduce your faith
- Endurance stretches your faith
- Character stabilizes your faith
- Hope strengthens your faith

“Hope is not wishful thinking. Hope is confidence built through experience with God.”

Key Scriptures

Romans 5:3–5

“We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation...”

Hebrews 6:19

“This hope is a strong and trustworthy anchor for our souls...”

Mark 4:39

“Silence! Be still!”

Big Ideas from the Message

1. Hope Is Not a Wish

Biblical hope is not:

- optimism
- positive thinking
- emotional hype

Biblical hope IS:

- confidence in God's faithfulness
- trust built through experience
- stability during storms

"Hope is not wishful thinking. Hope is confidence built through experience with God."

Discussion Questions

1. When you hear the word "hope," what usually comes to mind?
2. How is biblical hope different from the way culture talks about hope?
3. Have you ever had a season where God proved Himself faithful over time?
4. Why do you think real hope has to be built through experience?

2. Storms Are Part of Life

Jesus never promised a storm-free life.

He DID promise:

- His presence
- His peace
- His power

"The storms won't stop till heaven."

Discussion Questions

1. What kinds of storms do people commonly face in life?
2. Why do we sometimes assume following Jesus should make life easier?
3. How have difficult seasons strengthened your faith?
4. What usually gets exposed in us during hard times?

3. Jesus Reveals Himself in Storms

The disciples learned more about Jesus in the storm than they would have in calm waters.

Sometimes God allows storms because:

- trust must be learned
- faith must be formed
- hope must be anchored

Discussion Questions

1. Can you think of a difficult season where you learned something deeper about God?
2. Why do you think God often teaches us most powerfully through challenges?

3. What does it look like to trust God when nothing makes sense?
4. Have you ever experienced peace from God in the middle of chaos?

Discussion Questions (LOOK)

1. What stood out most to you from the message?
2. What part of the “faith process” do you relate to most right now: trials, endurance, character, or hope?
3. Why do you think Jesus allowed the disciples to experience the storm?
4. Which quote or statement from the message impacted you the most?
5. What does it mean for hope to be “an anchor for the soul”?

O – OBSERVE (What Does This Teach Us?)

The Disciples’ Storm (Mark 4)

The disciples:

- were experienced fishermen
- knew how boats worked
- understood storms

But eventually:

- their skill set wasn’t enough
- their experience wasn’t enough
- their control disappeared

And they asked: “Jesus, don’t you care?”

Important Insight

The disciples questioned:

- not just the storm
- but the character of Jesus

That’s why Jesus asked: “Why are you afraid? Do you still have no faith?”

Key Truth

“You cannot always trust your feelings, but you can always trust His character.”

Jesus Slept During the Storm

Why?

Because:

- He was not afraid
- He knew His authority
- The storm never threatened His peace

“The tempest came not near His soul.” – Spurgeon

Discussion Questions (OBSERVE)

1. Why do you think the disciples panicked even though Jesus was in the boat?
2. Have you ever questioned God's care during a difficult season?
3. Why is it easier to trust God when life is calm?
4. What does Jesus sleeping during the storm reveal about Him?
5. How can storms expose what we really believe about God?

O – OWN IT (Personal Reflection)

Personal Reflection

Storms reveal:

- where our trust really is
- what anchors our lives
- whether our faith is emotional or rooted

Ask yourself honestly:

- What storms am I currently facing?
- Where have I been relying on my own abilities?
- Have I allowed fear to shape my thinking?
- Am I trusting God's character or just my feelings?

Key Thought

"Hope anchors your soul so storms don't destroy you."

Reflection Questions (OWN IT)

1. What has been the biggest storm or challenge in your life recently?
2. How do you usually respond under pressure?
3. What tends to shake your faith most?
4. Have you seen growth in your endurance or character through hard seasons?
5. What has God already proven faithful in throughout your life?

P – PRACTICE (Living It Out)

1. Remember God's Faithfulness

Hope grows when we remember what God has already done.

Practice:

- Write down past victories
- Reflect on answered prayers
- Remember how God carried you before

"I've been through too much with God to doubt Him now."

2. Stay Anchored in God's Word

The disciples understood the wonder because they knew the Word.

“If you don’t know the Word, you won’t know the Wonder.”

Practice:

- Read Scripture daily
- Meditate on God’s promises
- Speak truth over fear

3. Lean Into Jesus During Storms

Don’t run from God in hard seasons.

Run toward Him.

Practice:

- Pray honestly
- Worship through uncertainty
- Stay connected to Christian community

4. Stop Measuring God by Your Feelings

Feelings fluctuate.

God’s character does not.

Practice:

- Replace panic with prayer
- Replace assumptions with truth
- Replace fear with faith

Discussion Questions (PRACTICE)

1. What helps anchor your faith during difficult seasons?
2. What practical habits help you stay close to God during storms?
3. What truth from Scripture do you need to hold onto right now?
4. How can your current storm deepen your faith instead of weaken it?
5. What would it look like to trust God more fully this week?

Final Thoughts

- Trials laid the foundation
- Endurance kept you in the process
- Character was built in you
- Hope now fills you

“Character keeps you from collapsing. Hope keeps you from quitting.”

The next storm may still come...but you won’t face it the same way. Why?

Because now your soul has an anchor.

And His name is Jesus.

Closing Challenge

Ask yourself:

- What currently anchors my life?
- What storms have shaped my faith?
- Do I truly trust Jesus in uncertainty?

Prayer Prompt

“Jesus, thank You for being my anchor in every storm. Teach me to trust Your character even when I don’t understand my circumstances. Build endurance, character, and hope inside of me. Help me remember that You are always with me in the boat. In Jesus’ name, Amen.”

THINGS HAPPENING AT FRESH START CHURCH:

- **Summer Serve** - Throughout the month of May we’re going to be encouraging those that are not currently volunteering to try it out over the summer. Encourage anyone in your LOOP who is not volunteering to give it a try and join a team at Fresh Start. Check the Church Center app to join a team.