

REVIEW

Larry described spiritual myopia as “when I am so focused on the evil in front of me I can’t see anything else.” When was the last time you suffered from spiritual myopia? What happened? Why do you think it’s easier to have spiritual myopia than faith and trust?

Larry also talks about spiritual amnesia as forgetting all the blessings from the past. Why is it so easy to forget the big things God has done? How can you actively recount the amazing things God has done in your life? Who in your life does a terrific job at counting blessings?

What does it mean to despair? When was a time in your life where you were tempted to give in to despair? What helped you find hope again?

BIBLE EXPLORATION

Romans 8:28: How has your view of Romans 8:28 changed over the years, or has it? How exactly does this verse bring hope?

Titus 2:11–13: What does Paul say is our instructor, teaching us to turn from godless living and sinful pleasures? Have you ever considered this as a “teacher”? What are we instructed to do instead do? What, according to this passage, should we hope for?

Romans 8:31–39: According to this, what can separate us from God’s love? How does knowing this truth affect your confidence? How does it inform your gratitude?

Philippians 4:8–9: In the video, Larry Osborne shared about GIGO (garbage in, garbage out). How does this verse address this important command? What, in this world, is true, noble, right, pure, lovely, admirable, excellent or praiseworthy? How different is that list from the social media you participate in? Why does it seem easier to dwell on negative, scary news?

Psalms 73: Asaph, the author of the psalm, begins by demonstrating faith in God’s provision and blessing, but then despairs as the wicked increase. In the end, what does he ultimately choose? How do verses 25–28 encourage you today? How does knowing that God is ultimately all we need bring deep comfort?

Ephesians 1:15–23: What do these verses reveal about hope? Which verse is the most encouraging to you today?

What is one trial you're facing where you're finding it hard to rejoice?

After each of the following adjectives from Philippians 4:8–9 write down one or two things that exemplify each word:

True:

Noble:

Right:

Pure:

Lovely:

Admirable:

Excellent:

Praiseworthy:

DEEPER WALK

Select at least one activity below to complete during the next week.

- **Personal Action:** Re-visit the media fast from week one. Choose a different avenue of fasting. (If you fasted TV, consider fasting social media). Be sure to tell a friend or a group member what you'll be fasting.
- **Mentoring:** Ask one person who is older than you and one who is younger this question: What keeps you hopeful in this crazy world? Note if their responses are different. Bring their responses to share with the group the next time you meet.
- **Conversation:** We often learn about the faithfulness of God and the hope he provides when we hear someone's story. Ask someone you know (or if you're bold, a stranger) about a time in their lives when they learned that God is bigger than any trial we face.
- **Memorization:** Write down Philippians 4:8–9 on a post-it note, and fix it to your television as a reminder. Every time you turn on the TV, work on memorizing the verse.
- **Pray:** Ask God to help you concentrate on His goodness rather than the bleak aspects of this world. Ask Him to empower you to become a person of gratitude instead of someone who gives into despair.
- **Read:** For deeper study on the topics we talked about this week, read chapters 8–12 in *Thriving in Babylon: Why Hope, Humility, and Wisdom Matter in a Godless Culture*.