

# Living in Hope Discussion Questions

## Session 2 – Mary Wilkerson – Hope and Worry in Matthew 6

1. Mary begins the session by reading from Matthew 6. Jesus in this passage uses a lot of images about how God provides for us. Which image was notable/most powerful for you?
2. For Mary, a big global disaster was one of her more profound worries. What is one worry that you need Jesus' help to let go of?
3. Mary quotes Archbishop Vigneron saying "God desires our happiness more than we ever could." What is one time in your life when you have felt/seen/experienced God's desire for your happiness.
4. Mary talks about 4 ways that hope is the antidote/counter to worry. Which one most resonated with you and why?
5. The last section of the talk focuses on practical suggestions about how to focus on hope. What are some of the things you do when you are most worried to focus on hope?