

TOUGH TIMES

DO NOT LOSE HEART

(LUKE 21:34-38)

1 REFLECT Ask some or all of these questions, depending on your context and timeframe

- When was a time in your life when you “lost heart,” and why?

2 READ THE SCRIPTURE

“Be on guard so that your hearts are not weighed down with dissipation and drunkenness and the worries of this life, and that day does not catch you unexpectedly, like a trap. For it will come upon all who live on the face of the whole earth. Be alert at all times, praying that you may have the strength to escape all these things that will take place, and to stand before the Son of Man.” Every day he was teaching in the temple, and at night he would go out and spend the night on the Mount of Olives, as it was called. And all the people would get up early in the morning to listen to him in the temple.

-Luke 21:34-38

3 CHOOSE AN IMAGE

Choose two images that best depict the time in your life when you lost heart.

4 REFLECT

Ask some or all of these questions, depending on your context and timeframe

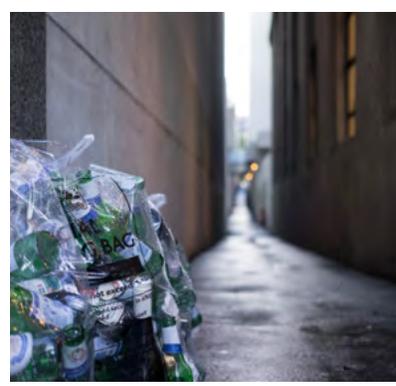
- How do the images you have selected connect to your experience of being discouraged or disheartened?
- How do the images you chose connect to the “trap” that Jesus is describing?
- From your experience, what does it mean to have “the strength to stand before the Son of Man”?
- Why did Jesus offer this warning? What threat was He concerned about, on our behalf?
- What gives you hope when you’re discouraged, and why?

5 PRAYER

Think of a person you know who seems to be losing heart. Choose an image that best represents that person’s struggle. Then use the following prayer formula to invite all to pray in silence for one minute, for each person presented:

I invite you to pray with me for (give name) who is feeling (show image).

Close by reading the Scripture again.



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