



Study Guide, Episode 41: How to Feel Hope & Peace through Adversity & Oppression

Isaiah 50-57

00:00-04:12	"QOTW: "How can I keep hope & find peace through oppression & adversity?"
04:13-16:00	"What oppression & adversity look like; Jesus knows it all"
16:01-21:29	"Recap of the history surrounding Isaiah's ministry"
21:30-31:10	"What messages of HOPE do you learn from the Lord?"
31:11-44;12	"The qualities of Christ-'afflicted, a man of sorrows, acquainted w grief'"
44:13-END	"Hearken to & Hear Him"

1. Listen to 4:13-16:00. Ponder these ideas about how Jesus Christ *knows* your pains, sins, afflictions, infirmities, oppressions, illnesses. What does this mean to you? What could truly understanding and remembering this do for you through your adversity, oppression, and afflictions? Write in your journal how you feel & one thing you will do to remember and apply this to your life this week.
2. Study Isaiah 50-52 and look for words, verses, concepts that make you feel HOPE. How does learning these things about Christ give you joy? Choose one and post it, memorize it, and/or focus on it this week. Write about what it does for you.
3. Do you now or have you ever felt lost? Unsure of who you are? Uncertain of your path, abilities, what's next for you? How might these verses in Isaiah help you feel "found?" What might turning to the Lord more fully do for you?
4. "Faith and fear can, and often do, coexist." (27:00-28:00) What do you think about this idea? How have you, in times of feeling fear, brought it to the Lord? What does the Lord do for you while you feel fear? How might you remember this, this week?
5. As you study and learn about the qualities of Christ, which stand out? What does it mean to you to have a Savior who "is acquainted with grief," and "a man of sorrows?" How might He succor (or run to) you in your adversity? Write in your journal how you feel.

Resources

FB: [Like a Watered Garden Podcast Discussion Group](#)

[Like a Watered Garden Website](#)

[Come Follow Me, Old Testament, Manual](#)

[Dr. Christina Hibbert Website](#)

Email me: christina@drchristinahibbert.com

Instagram: [@likeawatered.garden](#) [@drchristinahibbert](#)

Facebook: [Dr. Christina Hibbert](#)

["Grow With Scriptures" YouTube Channel](#)