

HOPE CITY RESOURCE

STRUGGLE BUS

HOPE FOR ANXIETY

Anxiety is what we experience when we are worried or afraid. This most often occurs when something is about to happen or when we think something might happen. Anxiety interferes with the way we live our lives.

In Matthew 6:25 Jesus says “...do not be anxious about your life.” People read this as a command rather than compassion. Jesus demonstrates compassion because He knows life can anxiety.

We read in Philippians 4:6-7, “Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

A P.A.T.H. FOR DEALING WITH ANXIETY

1. **P-pray:** Tell God your current situation.
2. **A-ask:** What do you need?
3. **T-thankful:** Thank God for the current situation.
4. **H-hold on to His promise of peace:** Picture your heart and mind being guarded by Peace.



READ

[The End of Anxiety: The Biblical Prescription for Overcoming Fear, Worry, and Panic](#)

by Josh Weidmann

[Change Your Thinking, Change Your Life](#)

by Craig Groeschel



LISTEN

The Place We Find Ourselves:

[Adam Young; Episode 109; Anxiety](#)



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Hope City Sermon

[Didn't See It Coming](#)

Right Now Media:

[Live Free from Anxiety: Jenny Allen](#)

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HOPE FOR FINANCES

Just for fun, what was the last thing you purchased greater than \$100? Was it for something you truly needed or something you really wanted? Although a fun thing to consider, money can become a source of our stress.

You may have heard it said money is the root of all evil. However, this statement is not entirely accurate. Consider this passage in 1 Timothy 6:10, "The love of money is a root of all kinds of evil." Money isn't evil. Our love of money is what creates problems leading to issues like debt. For many, our love for money has come to symbolize self-worth, identity, security, power, and freedom. Our desire for these things isn't entirely wrong. However, our belief money provides them needs to be challenged. Each of these desires is fulfilled when we begin to shift the object of our love.

The next time you're considering the purchase of an item greater than \$100, consider this challenge:

1. Pause and be thankful.
2. Is purchase something you need or want?
3. If not a true need, then consider giving it to a cause, charity, or someone you know who is in need.

This simple shift in your spending approach can reshape your relationship with money.



READ

[The Worst Financial Mistakes in the Bible ... and How You Can Avoid Them](#)

by Chuck Bentley

[The Total Money Makeover](#)

by Dave Ramsey



WATCH

Hope City Sermon
[4 Habits to Change Your Life Week 2](#)

Right Now Media:

[If Money Talked](#)

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HOPE FOR ADDICTION

Life involves struggles and unwanted emotions. Addictions emerge as a response to seeking relief from underlying pain or problems, leading to a cycle of craving, repeated actions, and despair, perpetuating the need for escape or relief.

What if the struggle wasn't to stop the addictive behavior? Instead of escaping the pain, know this truth: "...it is God who works in you to will and to act in order to fulfill his good purpose [Philippians 2:13]." He wants us to run to Him in our struggle as opposed to something or someone else. God wants to work in you and to give you a better way of doing life. The next time you find yourself struggling and trying to escape, consider four key questions on the back of this card.

FOUR QUESTIONS TO CONSIDER

1. What am I thinking or feeling?
2. What do I normally do when I think or feel this?
3. What is really true about me (not what I've believed to be true in the past)?
4. From this truth, what will I do differently?



READ

[Redemption](#)

by Mike Wilkerson

[Counterfeit Gods](#)

by Tim Keller



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[Pure Desire Ministry Podcast](#)



WATCH

Right Now Media:

[Giants Must Fall by Louie Giglio](#)

Right Now Media:

[Lost and Found Recovery in Christ, S2L Studio](#)

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HOPE FOR MARRIAGES

Marriages have challenges, but they aren't hopeless. Marriage difficulties can be opportunities for growth. In "Love and War" by John and Stasi Eldredge, it's noted God uses mutual brokenness in marriage to transform us. Transformation starts with a sacrificial kind of love for your partner, as seen in 1 John 4:10-11.

"This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another."

If you were to start loving this way, where's a good place to start? Look for an opportunity within four of the following areas:

1. **The words we use...Communication** (i.e., stubbornness, defensiveness, feelings of rejection; self-centeredness);
2. **The things we believe** (i.e., marital responsibilities; parenting styles; spiritual beliefs; friendship choices);
3. **Financial disagreements** (i.e., income; spending plans; credit card use/misuse);
4. **Sexual difficulties** (i.e., selfishness; insensitivity; exhaustion; fearfulness; bitterness).



READ

[Love and War](#)

by John and Stasi Eldredge;

[What Did you Expect](#)

by Paul David Tripp



LISTEN

[The Allender Center:
Marriage Series](#)

[Being Known Podcast,](#)

[Curt Thompson. Desire: A People of
Longing](#)



WATCH

Hope City Sermon

[The Perfect Li\(f\)e: This Isn't
Working](#)

Right Now Media:

[The Nowism of The Gospel and
Your Marriage: Paul Tripp](#)