

## Study/Discussion Questions for "Look Up"

We are all tempted to respond to the stress of personal disaster, disappointment or hardship in ways that do not help, even in ways that are self-destructive. Which negative approach or counter-productive measure are you most tempted to take, and why? What's the payoff?

We all know the virtue of patience, yet many times it is a battle to even want to be patient. What is it in you that battles most against being patient? Where do you find it most difficult to be patient?

In talking to God, what is the hardest part?

How do you get to sleep when your mind won't stop?

What does "real hope" mean to you?