

# BEND, BUT DON'T BREAK



What do you do when life throws you something that wasn't part of the plan or in your control? When you're caught up in hopelessness, how do you keep going?



Curt Richter, a professor at John Hopkins in the 1950s, explored the idea of hope by experimenting with rats.

**His findings:** “After the elimination of hopelessness, rats do not die.” No matter how drastic the situation seemed, when given small glimpses of hope throughout the experiment, the rats continued to fight and keep going.

## **What does this have to do with us?**

We actually have a reason to keep going in light of the constant bending and breaking that life brings. Because **Jesus eliminates** hopelessness for us.

## The Bummer:

- We will walk through adversity.
- We will have trouble.
- We will have bad days.
- We will experience things that cause worry and fear.
- We will experience things we can't control.

## The Bright Side:

- Jesus wants to prepare us for this. We experience comfort and kindness when we understand the truth of our reality.
- Even when facing difficulty, we can take a step forward.
- We can experience grief and pain while simultaneously having peace.
- Hope in Jesus makes our lives better because in the midst of difficulty we can still walk in peace, joy, and love.

*"But take heart! I have **overcome** the world."* (John 16:33)

- This statement is where our faith finds strength.
- The word "overcome" comes from a Greek word, **nenikēka**, meaning a continuous victory; a final and complete victory.
- Jesus always wins.

*We have this hope as an anchor for the soul, **firm and secure**.*  
(Hebrews 6:19)

- Hope is firm and secure because of the resurrection.
- The resurrection reminds us that even in our darkest moments, God is still working.

## WE CAN ACTUALLY REFRAME WHAT WE CAN'T CONTROL.

1. What is your hope set on?

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2. When your life is bending and feels like breaking, where do you look for help?

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3. What in your life feels uncontrollable? How can you reframe the way you approach that circumstance?

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