



HOPE. ALWAYS.

OUR ANCHOR IN LIFE'S STORMS

KRIS FRANK

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CHAPTER TWO

Hope for the Sinner

“[God’s] justice gives rise to fear but consideration of his mercy gives rise to hope.”¹

—SAINT THOMAS AQUINAS

Discussion Questions

1. What do you think makes sin so alluring? Do certain sins tempt you more than others? Why do you think that’s the case?
2. What are some practical ways the gift of the virtue of hope can help you to combat sin?
3. What are some concrete ways you could try to lean into God’s mercy this week?



CHAPTER THREE

Hope for the Discouraged

“Do not give in to discouragement, do not resign yourself to ways of thinking and living that have no future because they are not based on the solid certainty of God’s Word!”¹

—SAINT JOHN PAUL II

Discussion Questions

1. Can you think of a time in your life when discouragement seemed unyielding? How did you respond? How could you have responded better with the help of God’s grace?
2. Why do you think God allows bad things to happen to us? How is hope related to our suffering?
3. What are some things that help you to maintain hope when life’s circumstances make it extremely difficult?



CHAPTER FOUR

Hope for the Doubters

“To believe with certainty, one has to begin by doubting.”¹

—SHELDON VANAUKEN

Discussion Questions

1. What is an area in your faith life where you experience doubts?
2. Can you think of a time when God has used your doubts to strengthen your faith?
3. When someone you know struggles with doubt, how do you try to share hope with them?



CHAPTER FIVE

Hope for the Anxious

“Nothing in the affairs of men is worthy of great anxiety”¹

—PLATO

Discussion Questions

1. What are some common situations in your life that trigger anxiety?
2. What is your usual method of coping with stress and angst? Do you think Jesus would suggest something different?
3. How does anxiety hold you back from the hope and confident faith for which you long?



CHAPTER SIX

Hope for the Weary

“Our hearts are restless until they rest in you.”¹

—SAINT AUGUSTINE

Discussion Questions

1. Have you ever been too busy for your own good? How did you address the stress and weariness you were experiencing?
2. When you are driven to be busy, even at the cost of your own well-being, what do you think you are hoping in rather than God?
3. What are some things you can schedule into your week that will help you to recharge and remain focused on Jesus?



CHAPTER SEVEN

Hope for the Addict

“For freedom Christ set us free.”

—GALATIANS 5:1

Discussion Questions

1. What is a habit or vice you have that is or has the potential to become problematic?
2. What are some ways you can assist addicts, whether friends, family, or people in your church and local community?
3. What are some friendships in your life that help you to hold onto hope even when you feel like things are hopeless?



CHAPTER EIGHT

Hope for the Suffering

“I wish to suffer for Love’s sake, and for Love’s sake even to rejoice. This is how I scatter flowers.”¹

—SAINT THÉRÈSE OF LISIEUX

Discussion Questions

1. Recall a time you suffered. What helped you endure the pain?
2. How does the Christian view of suffering differ from that of today’s culture?
3. What are some prayer practices that help you to remain hopeful in the midst of suffering?



CHAPTER NINE

Hope for the Grieving

“Blessed are those who mourn, for they will be comforted.”

—MATTHEW 5:4

Discussion Questions

1. Have you experienced great loss in your life? If so, how did you deal with it?
2. Why can we be confident that Jesus is with us when we mourn? Have you experienced his closeness in a time of grief?
3. How would you offer hope to someone who is grieving?



CHAPTER TEN

Hope for Others

“The rich man is not one who possesses much, but who gives much.”¹

—SAINT JOHN CHRYSOSTOM

Discussion Questions

1. Think about a time when someone showed you exceptional generosity. How did it affect you?
2. Practically speaking, how does your hope in God help you to be more willing to serve and give of yourself?
3. Consider your time, money, and skills. How could you use these things to be more generous?



CHAPTER ELEVEN

Hope for Our Families

“As the family goes, so goes the nation and so goes the whole world in which we live.”¹

—SAINT JOHN PAUL II

Discussion Questions

1. What is your fondest family memory? Your most difficult?
2. When life becomes difficult, do you find hope and comfort in your family? Why or why not?
3. What is one thing you could do this week to share God’s hope with your family?



CHAPTER TWELVE

Hope for the Church

“We do not want . . . a Church that will move with the world. We want a Church that will move the world.”¹

—G. K. CHESTERTON

Discussion Questions

1. Do you struggle with the sins of people in the Church? Church teaching? What helps you to overcome these struggles?
2. What can you do to guard against becoming lukewarm in your gratitude for the Eucharist?
3. Have you ever shared the reason for your hope with someone? What are some opportunities to share your faith in the future?