

Hope Presbyterian Church  
Sermon-Based Bible Study

May 10, 2026

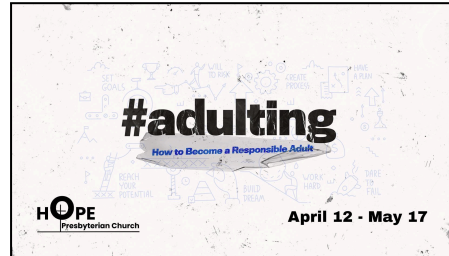
“Be Inspired”

#5 in the series

#adulting: *How to Become a Responsible Adult*

Scripture Texts (NLT)

Proverbs 3:5-6, Proverbs 4:23, Matthew 6:26-29



1. What stood out to you about the message?
  
2. When first-grade students from a local school were interviewed about their thoughts on being an adult, some of their responses were funny, and some were surprisingly insightful.
  - How did your childhood predictions about being an adult change as you became older?
  - Who was an inspiration to you when you were younger?
  
3. **Read Proverbs 3:5-6.**
  - *Being inspired begins with trust.*
    - What does it mean to trust “with all your heart”?
    - How do we learn to trust? Who has taught you about trust?
  - *Being inspired means we remain humble enough to keep learning.*
    - Given that *depend* means to put your full weight into something, what is meant by “do not depend on your own understanding”?
  
4. **Read Proverbs 4:23 - *Inspiration survives when we protect and nurture what gives life to our souls.***
  - What does it mean to “guard your heart” in the context of being inspired?
  - What ways have you found to nurture your soul?
  
5. **Read Matthew 6:26-29.**
  - Why is it often easy to become consumed with worry and neglect the care of our souls?
  - What are some examples from the life and ministry of Jesus that inspire us to “be in the moment” and care for the souls of others and for our own?
  - Why are the words of poet Mary Oliver a good reminder that part of being a responsible adult is to be inspired?
    - “Pay attention. Be astonished. Tell about it.”
  
6. How can we pray for you?