

Hope Presbyterian Church  
Sermon-Based Bible Study

June 21, 2026

**“Anticipation”**

#3 in the series *At A Loss*

**Scripture Texts (NRSVUE)**

Psalm 23:1-6, Matthew 26: 36-39



1. What stood out to you about the message?
2. Consider a time when you've excitedly anticipated a vacation, meeting a friend you haven't seen for a long time, or reaching an important personal goal.
  - What words or actions would you use to describe your anticipation?
  - How would you describe your anticipation of something you're not looking forward to?
3. **Read Psalm 23: 1-3.**

David begins this Psalm describing God as a shepard who cares for him.

  - Why is David's description of God as a shepard especially comforting?
  - When have you experienced God's sheparding care for you? What happened?
4. **Read Psalm 23: 4.**

Described as *anticipatory grief*, we can become anxious about a loss before it occurs.

  - Have you experienced antiicipatory grief? What happened?
  - Though we associate David's reference to "the darkest valley" with death, what are some other serious kinds loss that we may face?
  - How do you interpret the meaning of God's "rod and staff" as a help in navigating grief?
5. **Read Matthew 26:36-39.**
  - How does this passage help us understand the reality of the anticipatory grief that Jesus experienced?
  - How can we be helpful to someone who is experiencing this kind of anticipation?
6. **Read Psalm 23: 5-6.**

David turns his anticipation of impending loss or grief to the ways which God ministers to his physical and emotional needs.

  - How do you interpret the meaning of "anoint my head with oil" in this moment of anticipation?
  - How has God ministered to you in a moment or season of anticipatory grief?
  - In what ways have your experiences with anticipation strengthened or challenged your faith?
7. How can we pray for you?