



The Redeemed Man Podcast Featuring Jay and Nate

When You Can't Fix It: Choosing Hope Anyway

THINK ABOUT IT

Sit with these before you say anything out loud.

What happens when I can't fix it?

(16:01) Most men are wired to see a problem and immediately start looking for a solution. Jay entered Katherine's recovery realizing there were things no amount of intelligence, effort, planning, or determination could change. Think about something in your life right now that you desperately want to fix.

"Cast all your anxiety on him because he cares for you." — 1 Peter 5:7 (NIV)

What part is actually within your control? What isn't? How are you responding to the part you can't change?

💬 *What I'm trying to fix:*

💬 *What is actually within my control:*

💬 *What I need to release to God:*

Has hardship made my heart harder—or softer?

(25:12) Jay talks about developing "thick skin" while fighting to keep a soft heart. Think about the disappointments, losses, betrayals, or frustrations you've experienced. Where have they made you stronger? Where have they made you guarded, cynical, angry, or distant?

💬 *Something that has hardened me:*

💬 *How that hardness shows up today:*

💬 *What it might look like to let God soften that part of me:*

Who would show up if everything fell apart?

(3:19) When Jay arrived at the hospital, he found the waiting room filled with familiar faces from his church. Years of investing in Christian community suddenly became very real.

If your life changed tomorrow, who would be sitting in your waiting room? And maybe the harder question: Whose waiting room would you be sitting in?

- 💬 *The people I could call at 2 a.m.:*
- 💬 *The people who know what's really happening in my life:*
- 💬 *Someone I need to show up for more intentionally:*

TALK IT OUT

These are worth saying out loud, in a group, with a brother, or with God himself.

What has God given you in a place you never wanted to go?

(19:00) Jay and Katherine learned to look for “treasures in the dark.” They weren’t pretending the darkness was good, but recognized that God was still present within it. Looking back on one of your hardest seasons, what can you see now that you couldn’t see then? Did God give you greater compassion? A deeper relationship? A different priority? Greater dependence on Him? A new calling? What did you carry out of that season that you wouldn’t willingly give back?

Are you still trying to live an old dream?

(19:53) Jay had a picture of what his marriage, career, and family would look like. After Katherine’s stroke, much of that future was no longer possible. Eventually he had to ask whether he could “dream a new dream.” Is there a version of your life you’ve been trying to get back to—or a future you’ve been insisting has to happen? What might change if, instead of asking God to restore your old plan, you became open to what He might build from here?

An unexpected gift in a traumatic time.

(23:21) What’s the best benefit you’ve ever received, or most valuable thing you learned, from a time or experience that was otherwise traumatic? How long did it take for you to understand and appreciate the significance of that gift? Do you think you could’ve ever received that gift without going through that traumatic experience?

TAKE ACTION

Don't let this stay in your head. Do something with it.

When my story offered a lifeline.

(39:24) Has anyone ever told you they were deeply touched or inspired by a story you'd told them of a difficult period you'd endured? Were you surprised to receive that feedback? Did it make you feel more empowered to tell that story to others?

💬 *The person who said my story helped them:*

💬 *How I could use that story to help others:*

A new perspective on hope.

(50:05) How would you describe your relationship with hope? Is it something you readily turn to in times of struggle, or does it seem like a "risk" that's not worth taking? If your answer is closer to the latter, what do you fear will be the negative consequence of that hope? What are some benefits of hope you may not have appreciated before?

💬 *What hope means to me:*

💬 *Why I embrace it—or fear it:*

💬 *What might happen if I dare to choose it:*

CLOSING

Difficult times—even traumatic, life-altering ones—are an unavoidable part of life. Sometimes we can't prevent them, we can only choose how we respond to them. Will we try to endure them without help, then get bitter when we can't fix the problem by ourselves? Or will we place our trust in God, accept the help he sends us through our loved ones, and use our story of perseverance to inspire others?

We were never meant to face life challenges completely on our own. If you're dealing with hardship, take some time this week to really examine the sources of help that might be available—definitely from God, and probably from loved ones as well—and why you've been reluctant to reach out for it. If you've recently overcome a major life challenge, think about how you can use that experience to be a source of strength for someone else. There are always "treasures" hidden in our times of struggle, if we're willing to trust God to reveal them to us.

ADDITIONAL RESOURCES

- ***Treasures in the Dark: 90 Reflections on Finding Bright Hope Hidden in the Hurting*** by Katherine Wolf (Jay's wife's book)
- Hope Heals Camp (hopeheals.com)
- MEND Coffee & Goods, 3655 Roswell Road NE, Atlanta, GA 30342 (mendcoffee.com)
- ***Hope Heals*** by Katherine & Jay Wolf
- ***Suffer Strong*** by Katherine & Jay Wolf

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