

## 30 Days of Hope

found in the Promises & Scriptures of God

Consider reading the scripture for the day. Read once and listen for a word or phrase that stands out to you. Read a second time and listen for what is encouraging, confusing, or that you want to know more about. Read a third time and notice how it impacts you, what feelings it brings up. Pray God continue to reveal the truth of this word to you. Notice what comes up throughout the day and where you see hope! Consider writing these things down and/or sharing with someone else.

### Day 1: Jeremiah 29:11

"For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope."

***Action:** Pray blessings over the youth attending school this new school year.*

### Day 2: 2 Corinthians 4:18

"because we look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal."

***Action:** Recall a time you experienced hope in spite of your circumstances.*

### Day 3: Romans 12:12

"Rejoice in hope, be patient in suffering, persevere in prayer."

***Action:** Continuously pray a scripture or the Jesus Prayer throughout the day.*

### Day 4: Romans 15:4

"For whatever was written in former days was written for our instruction, so that by steadfastness and by the encouragement of the scriptures we might have hope."

***Action:** Read the Gospel today.*

### Day 5: Psalm 147:11

"but the Lord takes pleasure in those who fear him, in those who hope in his steadfast love."

***Action:** Recall a time when God did not give up on you.*

### Day 6: Proverbs 23:18

"Surely **there** is a future, and your hope **will not** be cut off."

***Action:** When have you felt like there was no future or hope? Lean on this promise.*

### Day 7: Psalm 16:9

"Therefore my heart is glad, and my soul rejoices; my body also rests secure."

***Action:** Take a moment to recall a time your heart was glad. Did you feel rest and security in God? If not, ask God for this.*

### **Day 8: Jeremiah 17:7**

"Blessed are those who trust in the Lord, whose trust is the Lord."

***Action:* Write down answered prayers from this year and give praise!**

### **Day 9: Romans 15:13**

"May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit."

***Action:* Share a Hope Sign with a neighbor, friend, or family member.**

### **Day 10: Psalm 62:5-6**

"For God alone my soul waits in silence, for my hope is from him. He alone is my rock and my salvation, my fortress; I shall not be shaken."

***Action:* Trust God, today, in any situation you are in. You will not be shaken!**

### **Day 11: 1 Timothy 4:10**

"For to this end we toil and struggle, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe."

***Action:* Believe that God will guide you through your current struggles.**

### **Day 12: 1 Peter 5:10**

"And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you."

***Action:* Reflect on a trial you've gone through and how God has helped you overcome it.**

### **Day 13: Isaiah 40:31**

"but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."

***Action:* Take a nature walk. What catches your attention? How might God be encouraging you?**

### **Day 14: Philippians 1:6**

"I am confident of this, that the one who began a good work among you will bring it to completion by the day of Jesus Christ."

***Action:* Make a list of how you are made in God's image.**

### **Day 15: Colossians 3:1-2**

"So if you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth,"

***Action:* What characteristics of God or Christ do you most connect with?**

### **Day 16: Zephaniah 3:17**

"The Lord, your God, is in your midst, a warrior who gives victory; he will rejoice over you with gladness, he will renew you in his love; he will exult over you with loud singing"

**Action: Sing one of your favorite hymns.**

### **Day 17: Romans 8:18**

"I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us."

**Action: Pray over those you know are suffering from illnesses, loss, etc.**

### **Day 18: Revelation 21:4**

"he will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more, for the first things have passed away."

**Action: Tell a story to someone about a loved one who passed away.**

### **Day 19: Lamentations 3:21-23**

"But this I call to mind, and therefore I have hope: The steadfast love of the Lord never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness."

**Action: Watch the sunrise and admire the beauty God has created.**

### **Day 20: Deuteronomy 31:6**

"Be strong and bold; have no fear or dread of them, because it is the Lord your God who goes with you; he will not fail you or forsake you."

**Action: Journal how God has been there for you.**

### **Day 21: Hebrews 6:19**

"We have this hope, a sure and steadfast anchor of the soul, a hope that enters the inner shrine behind the curtain,"

**Action: Meditate over the day and give God glory.**

### **Day 22: 2 Corinthians 4:16**

"So we do not lose heart. Even though our outer nature is wasting away, our inner nature is being renewed day by day."

**Action: Ask someone to pray for you.**

### **Day 23: Proverbs 24:14**

"Know that wisdom is such to your soul; if you find it, you will find a future, and your hope will not be cut off."

**Action: Read your favorite scripture.**

### **Day 24: Titus 3:7**

"so that, having been justified by his grace, we might become heirs according to the hope of eternal life."

**Action: Believe in God's grace and know that you are a child of God!**

**Day 25: Romans 8:24-25**

"For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience."

**Action: Share an act of kindness.**

**Day 26: Hebrews 11:1**

"Now faith is the assurance of things hoped for, the conviction of things not seen."

**Action: Recall a time when you had full confidence that God was with you.**

**Day 27: Psalm 71:5**

"For you, O Lord, are my hope, my trust, O Lord, from my youth."

**Action: Talk with a youth about your faith in Jesus.**

**Day 28: Psalm 42:11**

"Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my help and my God."

**Action: Thank God for a recent blessing.**

**Day 29: Psalm 119:114**

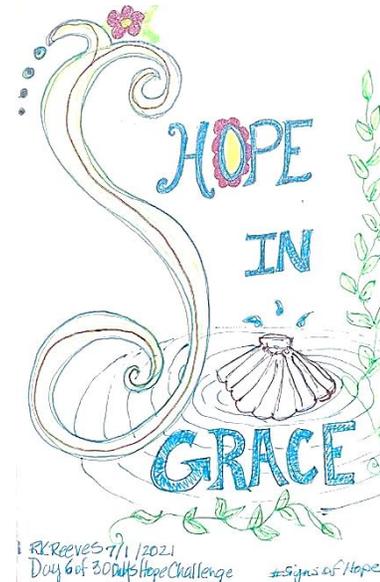
"You are my hiding place and my shield; I hope in your word."

**Action: Pray protection over those affected by war.**

**Day 30: 1 Peter 1:3**

"Blessed be the God and Father of our Lord Jesus Christ! By his great mercy he has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead,"

**Action: Tell someone about how knowing Jesus gives you Hope.**



St. George's Episcopal Church  
510 13<sup>th</sup> Avenue North  
Texas City, TX 77590

Website: [www.stgeorgestc.org](http://www.stgeorgestc.org)

Facebook Page: St Georges Texas City