

## **HOLDING OUT HOPE**

### **Pause**

As I start my prayer now, I pause to be still;  
to breath slowly, to re-centre my scattered senses  
upon the presence of God.

### **Prayer**

Loving Father, I thank you that you have told me  
“Do not be afraid, for I have redeemed you, I have  
called you by name (                      ) you are mine”  
Jesus, I am so grateful that you are with me always,  
Holy Spirit, I invite you to fill me with all your  
fullness, bring me comfort and take away  
all my fears. AMEN.

**I choose to hope in God’s word today...**

I pray that God, the source of hope, will fill you  
completely with joy and peace because  
you trust in him. Then you will overflow with  
confident hope through the power of  
the Holy Spirit.

Romans 15:13

Hope can be understood as desire...  
our God-ignited desire for those things he has  
promised to us, and our trust that we will indeed  
received them. HOPE reaches out beyond sight  
to make contact with what God has promised,  
and we have not yet experienced to the full.

“For I know the plans

I have for you,”

says the LORD.

“They are plans for  
good and not for  
disaster, to give you a  
future and a hope”.

Jeremiah 29:11

‘Be sure of this:

I am with you  
always, even to the  
very end of the age’

Matthew 28:20

That is why we never give up. Though our  
bodies are dying, our spirits are being  
renewed every day. . . So we don’t look at  
the troubles we can see now; rather we fix  
our gaze on things that cannot be seen. For  
the things we see now will soon be gone,  
but the things we cannot see will last forever.

2 Corinthians 4:16 & 18

## **PRAYER**

Dear God, I am heartsick because I am still waiting for the fulfilment of your promises in my life. Please help me to put my trust in you. I am struggling with discouragement and disappointment, please fill me with your hope, joy and peace.

Jesus, you said (in John 16:33),  
*“Here on earth you will have many trials and sorrows. But take heart; because I have overcome the world”*. With your help Lord, I know I can overcome my troubles and anxieties .

Lord, I am getting frayed around the edges, my bones creak and my heart bears the bruises of suffering. Much as I am content to be on this planet and live my life according to your will and your time scale, I am anticipating the future of your promise, that one day I will have a resurrected body where there will be no more trouble, or mourning, crying or pain. Today I let go of the despair I am carrying, and open my hands and my heart to you, the God of all hope.

**AMEN**

My health may fail, and my spirit may grow weak,  
but God remains the strength of my heart;  
he is mine forever.

Psalms 73:26

### **Closing Prayer**

Father, Please help me to live this day to the full,  
being true to you in every way.

Jesus, help me to be kind to everyone I meet.

Holy Spirit, come and fill me, so I can Love God,  
love myself and love others.

Today and everyday, I choose to put my  
Hope and Trust in God

**AMEN**

