

## DAILY READING PLAN



Week of August 21, 2022

Alive: Spirit of Hope

Psalm 126

***Day #1 – Read Psalm 126 | When the LORD brought back his exiles to Jerusalem, it was like a dream! We were filled with laughter, and we sang for joy. And the other nations said, “What amazing things the LORD has done for them.” Yes, the LORD has done amazing things for us! What joy! Restore our fortunes, LORD, as streams renew the desert. Those who plant in tears will harvest with shouts of joy. They weep as they go to plant their seed, but they sing as they return with the harvest.***

In what area of your life are you struggling to have hope? What does this Psalm evoke in you?

***Day #2 – Read Romans 15:13 | 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.***

According to this verse, where does hope come from? What is the connection between hope, joy, peace and trust?

***Day #3 – Read Psalm 143:4-6 | I am losing all hope; I am paralyzed with fear. I remember the days of old. I ponder all your great works and think about what you have done. I lift my hands to you in prayer. I thirst for you as parched land thirsts for rain.***

When we're struggling in the present it's so easy to forget God's faithfulness in our past. Today, make a list of at least 5 things you believe God has done for you in your past. It'll help you to remember when you need it!

***Day #4 – Read Philippians 4:6-7 | Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.***

Prayer is faith's response to life's impossible situations. Spend some time today giving voice to what you desperately need.

***Day #5 – Read Psalm 126:5-6 | Those who plant in tears will harvest with shouts of joy. They weep as they go to plant their seed, but they sing as they return with the harvest.***

When we're feeling hopeless, we're often tempted to just throw up our hands and do nothing. What do you need to "plant" today as an exercise in hope.