

Life Steps

A Thrill of Hope: More Than Optimism | December 27, 2020

Day 1

Psalm 139:1-24

Reflect: Prayerfully read through Psalm 139. Are you more of a pessimist, an optimist or a world class hoper?

Prayer: Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting.

Day 2

Hebrews 10:19-25

Reflect: As you read this passage, ask God to show you what needs to change within you so you are a more hopeful person.

Prayer: God, I know you are faithful. Forgive my stinking thinking and by your spirit help me to hold on to the hope I profess in you.

Day 3

Ephesians 1:3-14

Reflect: Confession that leads to transformation requires confidence that God is for us and wants us to experience intimacy with him. Meditate upon this passage, circling all that God has done for you and given you in Christ Jesus.

Prayer: Thank you God for all you have done for me in Christ Jesus.

Day 4

Acts 3:19-20 | Romans 2:4

Reflect: To repent is to turn around, to go in the other direction, to change. Meditate upon our day 4 scriptures, then make Eugene Peterson's prayer, I Repent, your prayer today.

Prayer: "I repent Lord. I have been wrong in supposing I could manage my own life and be my own god. I have been wrong in thinking I had, or could get, the strength, education and training to make it on my own. I trust that in Jesus you are telling me the truth. I lean into the realization that what you want from me and what I want from you are not going to be achieved by doing the same old things, thinking the same old thoughts. I turn again to follow you and be your pilgrim on the path of peace. Amen."

Day 5

James 5:13-16, 19-20

Reflect: Confession is sharing our deepest weaknesses and failures with God and trusting others, so we can experience God's grace, mercy and forgiveness. Who do you need to say you are sorry to today?

Prayer: Hear my prayer of confession O Lord, forgive me, heal me and lead me to give away what you have given me.

Day 6

Romans 5:3-8

Reflect: Have you grown more hopeful this week? Explain.

Prayer: Thank you God for pouring your love into my heart through the life, death and resurrection of Jesus.

Day 7

Romans 15:13

Reflect: Write out this verse in your journal. Do you really trust in the God of Hope to fill you with joy and peace?

Prayer: God, I trust you.